Completely Suicide Manual

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THE COMPLETE MANUAL OF SUICIDE

Completely Suicide Manual

Foreword

This book, written in great detail the best way to commit suicide.
This book is not often reported suicides recorded, nor is it like to explain the reason of suicide. Although
It can be treated as a miscellany book to read, but the trend is towards the whole book, "How to commit suicide."
Direction.
La La weave prologue, maybe you already tired.
Do not know how long ago began, "Why should young people dying?" This topic is constantly
Repeated over and over again and then be talking about. Then, say七○'s, which concluded that "nothingness main
Righteousness, "" would not be happy era "and so on. However, like "Why not commit suicide?", "Why must
To be alive? Such problems ", but still no answer.
Closer to home, there is a need to make "suicide" to fruition book.
Such a book about the "suicide methods" published a decade ago, almost just write some hotchpotch
Content, it is boring matter. You should now know is pure suicide methods.
In the United States, only one device can be euthanized suicide, was created by a scholar invention
The. (Case 30) and the book will be Japan's only a "language as a tool to suicide device."
Speaking here, wanted to immediately introduce From medication suicide method, but in order to make "Now why
What to commit suicide? "This problem is more aware of these, as well as various other commercial reasons, had to first write
Some hotchpotch of things.

CHERNOBYL

..... I am waiting for an opportunity to prepare "to show their talents."
Student riots occurred twenty years ago when we had thought, "a powerful figure to appear!"
Apollo moon landing, the oil crisis, the Soviet invasion of a country, the Showa era knot soon
Beam, I think, "This move will be earthshaking." However, the earthquake was only three degrees, but
Down one wall only. Students at each other, smiled and said, "Great!" Event ends.

The first one

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..... (Excerpt know the life "Dawn" Postscript)

When八○ era coming to an end, had set off a "doomsday tide", "dangerous topic," the most
CHERNOBYL favorite band singing songs, children's play jokes are all full of flavor of death
Tao, girls in order to prepare for World War II and began looking for companions. We compared "to a powerful figure
Now up! "" Maybe tomorrow will be the end of the world! "Excited.

However, the end of the world did not come. Atomic bomb has not erupted, the dream of a comprehensive nuclear war
Has long disappeared without a trace. Revolutionaries八○'s thorough experience the frustration.

Finally, we finally understand, "flourish" is impossible to achieve, twenty-second century will surely come.
(Of course, the twenty-first century is approaching, because there will be so-called War of the Worlds.) World is definitely not
There will be doom. Only slightly connected to encounter "outsider" and "outside", and can not be met. If Greece
Hope there is a greater stimulus, if you really want the world to come to the end, unless it is to do "that thing."

A LONG VACATION

Say "boring" and to no avail - because we are bad luck, was born in history
This stage.

Until the twenty-second century, we will get up at seven o'clock every morning, and then go to school or work, the anti-
Cover to say something, then there is no focus. At school, back again and again constantly English words, historical reign;
In the side of the company say "thoroughly bored" and the like, but to one week, one month, one year of weekly
Period, repeated several weeks, months, years actually really boring to do the work.

The most advanced product pace slowly emerging, slowly paced politicians continue to corruption, TV within
Yung pace slowly continued excitement. However, when turning off the TV to look around, but is as usual
Another every day. (Wake up "after turning off the TV that wonderful dark" is another book
The goal.)

Yukio Mishima in his autobiographical novel, "Kamen confession", referring to: "daily life" than
Even more horrible war. We always Yirenzairen of living this "cause trembling terror of everyday life."
In order to be able to somehow bring "stability in the future." Along the way, every step carefully to avoid side
To be biased.

Did not like the TV series ended at the end of this comedy. But, strangely, "joy" is not always
Off the pace slowly continued.

Yes it is! Keyword is "slow pace" and "volatile." Anti continued slow pace of the same thing
Cover occur; want to die first element to getting emotional expansion.

ANOTHER BRICK IN THE WALL

1978 Japan had a "paper maze suicide" occurred.

A pair of living in Japan Toyama high a twin sister, was found hanged in the woods.
One of them notebooks, drawing paper maze pattern useful four straight and several horizontal staggered formation
(A search for the source of the game along the line). Pattern below, were written "Japanese X", "self-
Kill "," ROS "words" Royal three "these people can not understand. A line drawn from the above is a
Direct connection to the "suicide" in place. Because their parents how they can not come up with the motivation of suicide, the
To the conclusion that the two men because "Labyrinth" and suicide. It is said that "ROS" might be a rolling stone (Rolling
Stones) mean. Because the above also says "the Japanese X", "hate Asians" and other words, so
Maybe with this. However, still can not understand the meaning of these words.

There was once a judge said: "Human life is heavier than the Earth," however, it is extremely worthless
Misunderstanding. Just as七○'s two high school girls have been aware in general, human life is very light, and "Day
I like the light of X "and" ROS. "

Late五○'s, the American public sociologist said: "Volkswagen is like an atom into powerlessness."
Late七○'s, the British rock band sings: "We are in a brick wall." Very go
Red. Even entering九○'s, this situation in Japan is still no change.

The old way, we are still in a brick wall - evidence is that, assuming there are any among us
One dead, certainly there will be someone to replace them. No one's existence is irreplaceable,

Section 2

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Nor a politician is enough to be assassinated. Only a few brick walls and will not collapse.

Each of us is full of powerlessness, the existence does not matter does not exist, in other words, life is light
; The mood to getting inflated want to die the second element.

CLOCKWORK ORANGE

With that sense of powerlessness, pace slowly doing the same thing over and over again that we, little by little forgotten "true Being alive realism. " Has gradually forget that he was alive or dead. You feel yourself is "living With "it? Now, between life and death, is only a thin almost invisible line separated only.

Therefore, "life is very important, so can not commit suicide.", "Just to be alive, everything will have a turn Machine. "" Because the people around will be sad, it must be alive. "Such, then, has been consigned to limbo, No longer has any convincing. Stop suicide effective discourse, has disappeared; guide suicide signal has been Once there.

Yes, you can die. If you go to work or school, alive uncomfortable, then it is boring, then, Even very painful, it is faster across the invisible boundaries fine to seek death, and anyone without France to stop it.

Have said before, anyway alive, everything will not be changed. Although that does not have a specific function, But generally you can know what kind of society or they will happen in future. "The future! Will Come! "Even if this sentence, no matter how persuasive useless. Your life, probably read little in the birthplace School and high school, cram for entrance exams to study, and then enter a high school or college student, unexamined Play for four years after entering a company to go to work. Male, then twenty years old three-year-old former married next year Working children, several of the transaction or promotion, the maximum rose to managerial positions, six-year-old retired after ten Year or two years to live life and enjoy their own interests, and finally death. At most, it is. Also, letting People desperate, this was the most ideal life can make people feel at ease.

In such a situation, no longer ordinary alive has great meaning. If not now Alive, perhaps just like to do, like roast chicken with tender chicken, "was given life alive" only. Therefore, appropriate When the place for life to a full stop, not "grief", "will not happen a second time", "Tam Heart will appear ripple effect "of such problems.

Suicide is a very positive behavior.

ANGEL DUST

I have a friend, he has called "angel dust," after eating the mind will become groggy, Strong drugs can not care jump from a tall building, installed in small metal capsule, made necklaces, shape Shadow not leave with me. He said: "When necessary, you can eat this to commit suicide." My friends Friends of no fixed job, idle day, had a wonderful time.

I hope this book can be a small piece of metal bag necklace.

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Suzuki into a room

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(1)
TAKING MEDICINES

Drugs

Drugs

Pain -----
Trouble ▼▼▼▼▼
Sizhuang ▼ ▽▽▽▽
Implicated ▼ ▽▽▽▽
Impact ▼ ▽▽▽▽
Lethal degree ▼ ▽▽▽▽

If successful, is the best medicine
Suicide means. But the case of attempted suicide
Many, and preparation time is a time-consuming excessive
A big problem, because the degree of pain medication in different
Varies.

Drugs

Table chairs were red, yellow, blue and other colors beautiful capsules and tablets, or a small pile of white Powder. When these will slowly swallow down when asleep, and never woke up. This is a death in a calm sleep extension line, is the best means to commit suicide, but only through Means possible to achieve a drug.

Certain drugs will control the mind. Self-organization of the brain is responsible for the body's system of controls. Whether respiratory function or heart beat, etc., who maintain the systems functions are all controlled by the brain The. Here to explain is that the drug makes this control device through the gradual loss of coordination, and to destroy Technical whole "self" system. This can also be said to be a brain lobe resection performed Yourself Approach.

Not fatal drug not a drug

Whatever drugs, basically, "will have an effect amount" and "toxic dose" and "death The amount. " Some experts say that "no lethal drug not a drug." No matter what the drug has lethal potential. Just a large gap between the role of the amount and the lethal dose to achieve lethal dose must swallow quite large The amount, more difficult to grasp Bale. Now the drug, this gap are relaxed, in other words it is safe Drugs. Here we introduce is the gap smaller.

However, this problem is "lethal." This book standard dose of the drug, a variety of text Offer different drugs contained lethal dose, but also because of the literature and different magnitude difference is also great. At the same time, Lethal because of the individual's physical and whether regular medication and a great difference, so there although greatly over The amount taken was saved, while taking a small example but death.

The boundaries between life and death decisions should have been a "lethal dose", because there are different doses, the magnitude varies, because people Failed to vary death situation. So some researchers say, really want to die, then you take cause Dead three times the amount of it. Thus, the lethal dose has not said "lethal amount" of. The book for the time being

The maximum amount between the minimum amount and as a "lethal dose" (not otherwise specified are adult dose), This is only a rough standard. This lethal dose of ambiguity not only shows the fuzzy boundary between life and death Limit, but also the biggest cause of suicide drug difficult.

However, here also a few long-winded. Just cut a hole in the wrist will never die, But here cited drugs, taking really will die. If you just want to experience suicidal AIDS Taste (which is also not a bad thing), or cut a hole in the wrist better.

[Watch out]
Enhance the absorption of the digestive organs to prevent nausea

Most should be avoided is the dose of the drug spit it out. Taking drugs and died, in other words, anxious Of poisoning. Imagine the scene as long as the drink on the line. Of course, alcohol nor not lethal. Students often have died due to alcoholism. However, the general situation is when the body can no longer withstand 'll Spit it out. This is just the alcohol replaced drugs only. Due to greatly over-taking, vomiting out Is a very natural thing. Therefore, it is very difficult to control the right amount.

Of course, there are ways to prevent vomiting, but enhance the absorption of the digestive organs, like as symptomatic therapy. Corresponding physiological response due to refusal and vomiting out, no methods. In short, only toward the "lethal dose" Hard to take, even if only eat one again.

Taking is not dead

The other should be noted, is to understand after "lethal" and then taking drugs. The drug can be lethal There are many. For example, today became the topic of sleeping pills -. Drowsiness faster, taking After the memory will be lost, so it looks very dangerous, but it is a very safe drug. A drink at the same time Swallow eighty pieces of twenty-seven women, after sleeping like a sleepwalking disorder like climbing Up and said something to the parents "to Rosen to" fell down. Was sent to the hospital the next day to restore know Sense, the results of the check everything is normal. The danger is not just looks dead.

Book a lethal dose of the drug is unknown Never be introduced. No plan of action, not only will Failure but also tasted unnecessary suffering. A swallow potassium cyanate housewives, all night Scratching the chest, was found a bloody chest.

By the way, about the drug rumors of suicide, many are false untrue. People often say, Will leave serious sequelae visceral or brain dead for life, but only from the book cited by the nervous system production Health effects of drugs of view, some doctors say that almost all no such side effects.

There are also "anti-suicide theorists," preached that health insurance does not bear the cost of treatment of suicide, so it takes Fees huge money, but this is untrue. A twenty-year-old woman swallowed Although we do not Know the dose of ingredients, but in the "hospital also believes that the strongest herbal medicine" sedatives二.○ tablets And twenty-pack powder, and was taken to hospital in a coma for two days exactly, but she paid the medical use of insurance card

Treatment fees. So, do not be deceived by the lies, but also need to pay attention to that.

[Ready]
Intravenous injection

First of all, there is a wide range of countermeasures to prevent vomiting. The easiest way is to put the drug Aluminum Things on fire bake it melts, or with hot water to dissolve into solution, and then use syringes to intravenous Injection. In this case, of course, will not vomit, while larger role than the gastrointestinal absorption, have less requirements Much. If mixed with air in the syringe, cerebral vascular air embolism and death can occur. There are mixed due to intravascular Foreign objects into the outside of the blood, causing shock and death. Because foreign matter mixed in, there will be quite a process vessel Pain degree. The case of multiple injections, pain is very severe, the arm can be cold, in short, to be To some way.

Note the Last Supper

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Injection and want to take drugs do not want people to die, it is necessary to adjust the state in advance of the stomach. For faster absorption of drugs, effectively causing acute poisoning, the stomach should not leave food. But if Too fasting, will produce allergic reactions and vomiting, grasp its sense of proportion is very difficult.

In about an hour before the decision to commit suicide should eat a piece of toast with a cup of tea, taking a little drunk anti-drug Also. Tablets should be crushed in advance, put it into a powder mill. Capsules should be removed, leaving the powder, Or add hot water to make it dissolve into the liquid.

Then the drug mixed with pudding or yogurt, add some honey, quickly swallow. Nevertheless, some experts say, The drugs mixed in pudding or yogurt does not accelerate absorption. It will probably be regarded as a kind of help swallow Method is better.

Meanwhile drink wine

Meanwhile drink wine are necessary conditions. It is said that wine have an effect on the central nervous system drugs have the Auxiliary multiplied effect on any drug can accelerate the dissolution rate, the effect can be increased when used per Fifty. In addition to wine beverage, preferably a little more prepared.

Also be sure to choose someone that can not find a place, at least eight hours to ensure that it can separate A place to stay, such as the hotel is the most appropriate. If you are found within a few hours, it becomes Suicide attempts, to taste the pain of repeated enemas. A twenty-year-old woman attempted suicide was due to irrigation Intestines, she said, "If I had known so painful, then do not commit suicide." (But she said something "might be Suicide once. ")

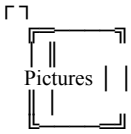
After the preparation work is completed, it began to introduce suicide drugs.

Mass drug

Drug trafficking market, its low toxicity. Professional books written on, said: "(commercially trafficking drugs) Single Agent if taken in large quantities is almost not lethal. "

Although this narrative is not believed to be correct, however, to take public drug death is indeed difficult. The amount and the amount of lead poisoning described above, various drugs have an effect, so to maintain the amount of poisoning Certain distance and low toxicity is public pharmaceutical manufacturing. Therefore, the general pharmacies sell.

However, the basic point of suicide drug is "easily available" and "taking that to sleep." Unable to hand the case, Even introduce meaningless. It is necessary to know the pharmaceutical composition is difficult to take public death, but before professional Books but wrote, "is almost not lethal." In other words, not a hundred percent impossible, this In the introduction of this exception.



- There are the origins of sleeping pills, "Lisi Long S"

========== ==========

Product Name ingredient known as a lethal dose of the ingredient box of servings

Lisi Long S bromine acid [base] infer about 10g (A) 100mg 100 ~ 300 12颗450
Urea, 10 ~ 30g (B), 20g (C), particles yen
(Bromovaleryl) 15 ~ 20g (D) (E) (F)
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(Note) The so-called generic term is defined by the WHO (World
Community care organizations) jointly set by the world drug
Object name. Prepared with known pharmaceutical companies
Made under the trade name used by the general "
Lisi Long S "sort of trade names.

(Note) The table in the letters in parentheses indicates the
As inferred reference literature.

(1) stimulants (refreshing drugs)

Lisi Long S (S)

In the postwar five六○ ○ ~ era, there have been a second sleeping pills to commit suicide hot. In more than twenty years old
The mainly young people taking sleeping pills to commit suicide by hanging greatly exceeds the number. Bromine pentanone urea
(Bromovaleryl) at the time with "Broken Bahrain ()" is the brand name for sale, is a self-
Kill the main drug hot. In 1926 Akutagawa committed suicide while taking sleeping pills to cause the first time since
When the killing heat, "Bromley" in the name of "Kaermoting" sell are widely used. Dazai
Also used "Kaermoting" Dying repeatedly attempted. So, to say, "Bloom" is a Japanese suicide by sleeping pills
To long-drugs.
Now, "Broken Bahrain" has been designated as "subject to the doctor's instructions to use drugs," without a doctor's prescription
Can not be bought. "Lisi Long S" (Sato pharmaceutical companies) are sold in the market and "Bu Luoba
The same composition and dosage forest "is. Obviously this is not illegal. Because each piece of "Bloom" sub-
The following five ○○ mg amount can be sold. This is eight millimeters sized tablets, white bitter taste.
After taking the lethal dose as long as the conditions are ripe, the central nervous system is controlled (brain and spinal cord nerve spines
Excitations failure) rapid loss of consciousness, fast, then about an hour will be due mainly respiratory arrest and death.
Someone taking五○片"burro Bahrain" rather die (Case 2), but still taking二○○ piece fitness
When. 二○○ sheet is a full volume of two hands, if the total amount of these words, unnecessary mixed acid
Cheese so much trouble taking (Case 1).
In addition, a drug containing an ○○ mg "Bromley" drugs have "Schlemmer honey ingot
- "(Kobayashi Pharmaceutical Industry)," day and night () "(Taisho Pharmaceutical Industry), etc.
"Lisi Long S" is pure from "Bloom" is made, but a number of other caffeine containing nothing but a
These ingredients. Because it contains extra ingredients, the dose increases, also increases the likelihood of vomiting.
Outside "Schlemmer honey ingot," described later "acetaminophen" also contains one piece in五○
Mg of "Bloom." Taking the equivalent of "Bloom" a lethal dose of tablets ○○ ~二○○ words,
Also reached "acetaminophen" lethal dose area. This is double the lethal dose, more dangerous.

How to Buy

"Lisi Long S" written "for anxiety, tension sedative drugs," as long as the instructions
Description symptoms can buy, but the biggest problem is how to be able to buy ten ~二○ box. Most pharmacies no goods,
The amount of pharmaceutical companies wholesale to pharmacies is not much, how much time can not be bought. Sometimes there because pharmacies
Judgment shall not be the case for sale. Large station nearby pharmacies generally supply, looking about five,
Buy once every two weeks, two months to plot the next twenty boxes. This medicine, daily doses of two to three, Box
Within only twelve, so buy once every ten days is not surprising.
However, in order to prevent abuse, pharmacies and sometimes does not sell, or ask the symptoms, or suggestions go
Hospital. A pharmacy staff member said: "The people do not seem wrong to sell him." In this case, you
Explaining that "do not want to see a doctor.", "If let colleagues (students) know the spirit of the poor can be incredible."
This is the same fear of drug abuse. Can not find a pharmacy when sold, may call the pharmaceutical company
Division, they will tell you that a few have sold.

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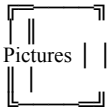


● "asleep immediately after eating."
Suicide best medicine "A Tuo P"

Product Name	ingredient known as a lethal dose of the ingredient	box of servings
Alex Atala P	hydroxylamine hydrochloride infer about 25 ~ 25mg / kg (A) Yen (B) 60 ~ 600 particles	weight 60 kg when 20 1500

Alex Atala (P)

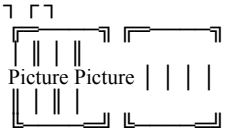
The drug is generally pharmacies to sell. Buy六○ ~六○○ capsules, namely three - thirty boxes
Is easy. As mentioned above, "get their hands on, taking that sleep" is a sleep medicine suicide conditions, and this
"Alex Atala P" (- pharmaceutical companies, known as "A Tuo P") is the best conditions
Drugs. Lethal dose per kilogram of body weight is needed twenty-five ~二五○ mg, the magnitude is too large, and it is the
Vague speculation, so sixty kilograms weight people can take六○○ tablets.

Only some 600 ○○ green in front of a small capsule, it will cause an illusion, but a capsule
Even if all the ingredients contained nothing but taking twenty milligrams. Capsules with yellow powder, concentrated from
Only a quarter to a small bowl, and this volume is no need to mix in yogurt is also very easy taking.

Hydroxylamine hydrochloride inhibit the central nervous system, autonomic nervous system and stable results. There will be a lot of taking
Sleep, fatigue, dizziness, and finally due to respiratory arrest and death. Be sure to take the time and use of alcohol. Hub
Neural inhibition will increase, as the body get cold at this time, then the effect is better.

There are exactly the same drug ingredient, "Ji Silong P (P)" (Imperial Chemical Industries), "Wave
Busi Er (-) "(Kato Green Pine Hall) and so on. "Alex Atala P" has a ○○ Pack of.

However, there is a taking a ○○片"Athos P" and drank a bottle of beer and a glass of whiskey
Four ○ year-old woman, in seventeen hours after the loss of consciousness and vomiting, after being rushed to hospital was found two days to
After discharged. In short, to reconsider, and should take a lot.



● dangerous particles containing anesthetic ingredients "Babu Long S" ● sweet's "anie links"

Product Name	ingredient known as a lethal dose of the ingredient	box of servings
Babu Long S	dihydrogen phosphate 0.5g (G) 30mg	17 bottles two bottles of 1165 yen
Liquid codeine cough		
Cough phosphate	inferred 0.5 ~ 1g (A), 15mg	33 ~ 160 packages 16 packages ¥ 1,800
Anie Granules	Codeine about 0.8mg (D) (G), 2.4g (H), 0.5 ~ 0.8mg (E)	

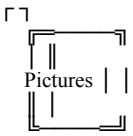
(2) cough suppressants

Babu Long S (S), anie Granules ()

八○'s once popular for "breath after drinking cough was racing" game. Because cough
Liquid contains a central role in the brain and antitussive cough "codeine (codeine)," and the expansion of the trachea
Ephedrine (ephedrine) and other narcotic substances sake. Codeine is opium ingredient, ephedrine induced
Although death is unclear but it is the amount of doping material, so it is dangerous. Should be disabled, but does not use the
Just can not cough, so now selling cough suppressant, most contain components of both.

"Babu Long S" (Taisho Pharmaceutical) is one of these drugs. 八○'s using more
"Bloom liquid" (SS Pharmaceutical), but now the drug ephedrine-free, so there can be cited and
Because the structure is almost identical codeine phosphate monobasic (Dihydrocodeine)三○ milligrams and ephedrine
Sister ingredient dl-- methyl ephedrine hydrochloride (Methylephedrine)'s "Babu Long." Big
Taking the amount of codeine phosphate can cause drowsiness, and ephedrine there awakening effect. Overall, not so much
Sleep, no peace, said a strong stimulant aspect, leading to increased heart rate and rapid breathing cycle is not due
Full and death. In addition, having a triple ○ mg hydrocodone (Dihydrocodeine) antitussive agents are
"The new Denis () cough liquid" and "new S - liquid" (Xing).

"Anie Granules" (-) of dl-- methyl ephedrine hydrochloride content is a
○ mg. About codeine, "the ultimate way out," a book cited two specific · four milligrams of this number
Word, so I believe it and Take 1六○ bag over it. So we must take二四○ mg of particles,
From the amount is just a small bowl of nothing. An expert's advice is: "mixed in yogurt or something."
White particles, sweet.



● violent drug -
Lina De Di Moench was massive, "Mubarak Samoa"

Product Name	ingredient known as a lethal dose of the ingredient box of servings
拉克摩亚迪	Moench was Lina De 25 ~ 250mg / kg (G), 50mg weight of 60 kg during 6
	At least 2.5g (I) 30 ~ 300颗800 yen

(3) antiemetics

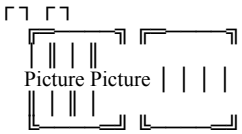
Mubarak Moore ()

Antiemetic agent, accidentally contain many dangerous ingredients. Reviewed by twenty-year-old woman to abortion services
By Di Moench was Lina De seven · five grams later, vomiting, dizziness, convulsions, Lethargy, nine
○ minutes later due to respiratory failure and death. "Mubarak Moore ()" (Fujisawa Pharmaceutical Industry) except
Di outside the door also contains pyridoxine hydrochloride □ seven milligrams, a four milligrams of caffeine anhydrous, than pure Di Moench too
Lina De drugs easily get their hands on. This is a white, slightly bigger tablet blue, white three-tier structure.
Di Moench was里纳德五○ mg of the drug contained there, "Carla Cox (- S)" (prosperity),
"Di Moench was Lina De", "Moder (-)" (Modena pharmaceuticals), "Drive Soft" (longevity Church)
And so are several, pharmacies have sold. Plus taking at least three dead ○ pieces can be produced, then to suicide is re-

Good and simple.

Taking the drug question is whether can sleep well. Mentioned earlier this medicine for central nervous
After an effect cause breathing to stop, side effects are drowsiness, headache, etc., but not because of psychotropic drugs,
It can not be quickly fell asleep. If we must sleep, it may be used in the market to sell sleeping pills.

However, there are taking八○○ cents Kedi Moench was Lina De, although hallucinating but not dead
二○ and twenty-two-year-old man's stories.



● Children not taking strong drugs do not have to drink to the glenoid ● taking
"Travel Minneapolis" "Xian Baya"

└┘ └┘

Product Name	ingredient known as a lethal dose of the ingredient box of servings
Travel Minneapolis	phosphorus hydroxy acid 25mg / kg (A), 40mg weight 60 kg when 10 40mg / kg (G) 38 ~ 60颗650 yen
Product Name	ingredient known as a lethal dose of the ingredient box of servings
Xian Baya	hydrogen bromide scopolamine 50mg (A), 0.25mg 200颗6 5 ~ 10mg (D) 777日元

Travel Minneapolis ()

"Famous" Travel Minneapolis "will be dead yet?" Some people may doubt, "travel Ming Virginia "ingredient is phosphorus-hydroxy benzoic acid () Four ○ mg, and two hydroxypropyl tea Alkali (Diprophylline) twenty-six mg. The rest of the ingredients small, dangerous ingredients phosphorus hydroxy acid The largest proportion. There are many other ingredients prevent drowsiness, contains caffeine.

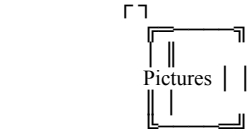
"P-hydroxybenzoic acid," as antihistamines (histamine) and an effect of the central nervous Symptom suppression system and the emergence of excitement mixed. Produce severe brain stimulation and severe loss of knowledge. However, the role of hypnotic antihistamine effect, prohibit driving after taking such large doses Will be asleep.

Xian Baya ()

Anti-drug anti-corona spit advantage, it is that people think that "no one will use that stuff to commit suicide." You When to buy can say, "Because for a journey, to buy more drugs to prevent motion sickness.", Pharmacies will not play Suspicious of. "Xian Baya" (Taisho Pharmaceutical) box of only six, buy二○○ piece should only need thirty-three Boxes, it is not necessary to worry about.

Scopolamine hydrobromide inhibit parasympathetic role in large doses can inhibit breathing. Vice Role as drowsiness, while confusion, hallucinations, difficulty swallowing, whether it is immediately fall asleep after taking Doubt.

Contains more hydrogen bromide drug scopolamine to prevent motion sickness boat is currently available in the market supply of drugs Matter, the "Xian Baya" scopolamine content up to, but excluding other unwanted ingredients. One centimeter in diameter The large tablet, you need to take 20 ○○片crumble, no bitterness.



● violent drug Acetaminophen
And Bromley fit "big east Cape library"

└┘

Product Name	ingredient known as a lethal dose of the ingredient box of servings
Big east Cape library	Acetaminophen 0.2g ~ 1g / kg (A) 300mg weight 60 kg 6 pack Antipyretic analgesics 40 to 200 packets (capsules) 825 yen
Long Sambo Capsules A	6 capsules (Cold medicine) ¥ 500

(4) Other

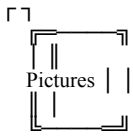
Big east Cape library (), A Long Sambo capsule

"Big east Cape libraries" (Taisho Pharmaceutical) and "Long Sambo Capsule A" (Sambo Pharmaceutical) containing three hundred Mg Acetaminophen sedative and antipyretic effects. High intake can produce drowsiness,

Dizziness, headache, nausea, vomiting, caught sleeping. Finally endanger the liver and death, can not be said to sleep
Drugs. However, the "big east Cape SHE" is a package containing titanium ○○ Bromovaleryl mg of urea, the
To easily fall asleep. Note also says drugs "likely to cause drowsiness," and prohibit driving after taking steam
Vehicles and operate machinery. White small particles, bitter taste in the mouth, but taking into cool feeling.

Analgesics "Nordson (-)" (), etc., in a bag also containing tris ○○ cents
Grams of Acetaminophen. Other complexes are also many, but there are "all of a sudden can buy a lot" of
Advantages. If you want to include detoxification of analgesics containing Acetaminophen, then it is too numerous to mention
, The market sold a lot, might as well purchase everywhere lethal dose up.

For example, a forty-year-old woman taking a three ○ 片 snow Andress A "A" (including
Acetaminophen 八 ○ mg, Bromovaleryl urea-○○ mg,
二 ○○ milligrams, anhydrous caffeine twenty-five mg) caused the liver, kidney failure, after a 16-day
Excitement and lethargy due to respiratory arrest and death. Only taking three ○ 片 (Acetaminophen two · four grams)
And this woman is dead lucky. Produce the most severe side effects of this ingredient, "Snow Andress A" in
Using Acetaminophen. Now sell "new snow Andress piece" (Shionogi) with
Urea 三 ○ milligrams of caffeine 四 ○ mg instead of Bromley, its
His composition change.



● stimulants "耶斯塔隆摩 Card"

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Completely Suicide Manual

Product Name ingredient known as a lethal dose of the ingredient box of servings
耶斯塔隆摩 card caffeine infer 10g (A) (J), 100mg 100 顆 24
(Sleep preventing agent) to about 10g (D), 10g (K) 350 日元

Aspirin aspirin 10 ~ 15g, 500mg 20 ~ 60 顆 20
(Antipyretic analgesics) 20 ~ 30g (I) 450 日元

==========

耶斯塔隆摩 card (ingots), aspirin

Some people think "often drink coffee," and do not care about caffeine is not good. Caffeine stimulates
Vasomotor center in the brain's respiratory center and strengthen the heart muscle contraction, is a strong irritant
Pharmacy. Drinking can cause a lot of excitement, increased blood pressure, ventricular fibrillation ventricular portion of income (the lower part of the heart
Shrinkage phenomenon), cardiopulmonary arrest until death.

Aspirin stimulate the respiratory center and other central nervous system and metabolic system, leading to breathing too fast,
Metabolic abnormalities, fever, shock, respiratory failure or death, can also cause damage to the kidneys.

Both have stimulant, taking absolutely not sleep, but easily available and a small amount can cause
The reason of death to be introduced. Enron dead people wanting to be missed drugs. As an example, one taking
Five ○○ mg of aspirin Ling Yi ○○ 片 (e ○ g), twenty-one year old female student, experienced a tired
Lazy feeling, nausea, agitation, respiratory symptoms after adding pro, lethargy, etc., about nineteen hours due to respiratory arrest
Only death. From the above examples, the aspirin to the time of death is fairly short.

Because "耶斯塔隆摩 card" (SS Pharmaceutical, brown tablets, very bitter taste) and "aspirin
Tablets "() containing a minimum of extra ingredients and are introduced, and a lot of caffeine and aspirin
Being commercialized, caffeine prevent dozing "Coffee film (- ingots)"
(-), "Coffee cold ingots (-)" (), and other less medication majority.
Aspirin has a "Grand Drew (-)" (Fujisawa Pharmaceutical Industry), "New Gelei Lan (New
A) "(Takeda Chemical Industries), etc. In the main ingredient of aspirin anti-inflammatory agent.

[Case Study 1]
Submission to the newspaper salesman notice youth suicide

August 2, 1956, about ten p.m. when Mejiro a cinema screening of two consecutive shadow
Tablets, found a young lady hostess was still asleep, he intended to wake him, but found that this person has ice
Cool. He was drinking wine slowly swallow two ○○ 片 Brovarin and three-○ 片 Adorm. In the immediate
After being rushed to the hospital, sleeping a whole day and night, 24, died early in the morning.

He was born in Tokyo, twenty-three. Drop out from the Fisheries University, worked in four pharmaceutical companies

And a half years, is mainly engaged in packing and shipping work. His brother is a pharmacist pharmaceutical companies, estimated from there Get the lethal dose and of taking drugs.

The previous July 28 a month, due to "personal reasons," resigned from the pharmaceutical companies on the same day, Began a department store, "installments ordering" marketing. However, the company of his prescribed Less than target performance, all the way to full commission belong to the company are extremely dissatisfied, even the day before suicide The August column contributor to the Asahi Shimbun sent a letter that says, "When I leave this world of, Unlawful practices outcry this company. "The letter. In other words, he Submission pre- Sue his own death.

He wrote in his testament to the Chief of the department store, "When I decided to make up his mind already Before things, but it is occasionally encountered in department stores this experience. I did not put this Responsibility for social existence of the jungle, pushed to the head of the grassroots organization ..... "This description is not due to accusations Company injustice and suicide.

People are very cheerful, but also interested in philosophical side, in the room of the young detective novels written People suicide motive remains unknown.

[Inspection death]

Completely Suicide Manual

Here need to be inspected, before his death, he was not taken by the strange behavior, but he swallowed Two ○○ 片 Brovarin, 三 ○ piece Adorm (Baerbishi acid (barbituric) Series sleep Drugs) such as a large number of sleeping pills but did not actually spit, completed suicide. Under normal circumstances, such a large swallow Amount of tablets will spit, which is one of the drawbacks of suicide by taking poison, he is probably in the movie release Of more than two hours in little by little swallow, and demonstrate the "little by little swallow does not spit." The corresponding approach.

When Brovarin sales package is only a ○○ milligrams, he swallowed two ○ grams, that is enough In order to achieve a ○ ~ 三 ○ grams lethal dose. It is said, and drank wine together these sleeping pills, then efficiency Fruit will reach ten times, from his brother, he is probably there to listen to.

[Case Study]
Taking Brovarin 五 ○ film, leaving the "death records" of students

May 1972, a two-year-old student slipped from his chair in the room died. He The room stood a suicide note on a table entitled "last moment" of the new notebooks, beginning on writes, "I And escape is not affected by this so-called world-weary social outlook. The reason I want now disappeared, is a sense of Now is the time to decide to commit suicide. "

And even more surprising is that he swallowed the drug himself unconscious until after play, detailed Write in college notebook.

"Now is at 19:07 on May 19, 1972, in a couple of minutes ago I swallow the Fifty Brovarin. I do not know what will fall asleep after a few minutes or hours, and told with the community Do not, but I will watch my own death to the last minute. ..... Quarter past ten, and not at all sleepy. Turn on the radio listened for a moment, then closed. I want to stay calm but still excited, the usual love Good music today, but bored. I want to carefully review your own life ..... (about parents And friends have five sheets of paper records) ..... 11.30 pm starting from just been yawning, see To the last moment approaching the. But the mood I want to look at death to the last minute, so continue to sue Commandment they have to adhere to. I do not know their bodies will be found at what time, but I want to see Emerging up their own desires. ..... Twelve o'clock. Fifth. "

Notes to this end, probably at this time that he delirious.

[Inspection death]

Brovarin 五 ○ 片 Bromovaleryl equivalent to five grams of urea, its ratio of lethal dose Much lower, but I do not think that young people are lying, so you can know the amount swallowed so many will die To go. Also know swallow 五 ○ 片 Brovarin will slowly increase drowsiness, about two hours After sleeping will no longer woke up. And so far there is no pain to loss of consciousness, consciousness is also very Clear. Of course, because of my physical and health status while very different, if the words immediately fall Probably in a shorter period of time asleep.

His suicide really be said to be "experimental." About to leave a record issue, he wrote: "What does not Leaving it to die, it is easy to be misunderstood as a result of this age in my melancholy common. I anyway Do not want to be misunderstood, so here I am calmly left me a closer look at their own evidence. "Can Yes, we totally do not know his motive for suicide, only that he was "dying to try when Designate the mood and die. "

Anyway, the upcoming loss of consciousness have been holding pen until written records, is extremely valuable The. After the last "five minutes", probably should then write "and then fell asleep right in relation to" the Words.

In addition, as an example of taking Bromovaleryl urea, there is a swallow 五 ○ 片 five kinds

Bromley series of twenty-year-old female drug was discovered and treatment in twelve hours after taking the half asleep
State lasted ten days later, due to a weak heart and died concurrent kidney inflammation.

There were a ○○ 片 Brovarin swallow that is, a ○ gram two fifteen-year-old female student, walking
When the road staggered be found, taken to hospital by ambulance, regained consciousness after five hours, now recover from illness
More of.

Restrictions pharmaceuticals

For there may be abused as a local anesthetic, or drugs used to commit suicide, which is defined as the Ministry of Health
Drama drugs, poisons, to instruct the drug, designated pharmaceuticals, not the average person to obtain. In this connection be introduced
Is a kind of "restricted pharmaceuticals."

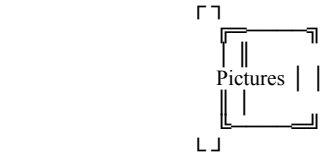
Not easy to get does not mean that can not get, maybe someone already has a prescription also unknown, so add
To introduce.

Richelle letter (), Ghia knot Bam (), Sunai hole ()

Recently, some psychiatrists indiscriminate prescription. When you open the doors spiritual material, tell the doctor says
"Sleep", "restless" immediately prescribe "Richelle letter", "Ghia knot Bam" and other anti-Coke
Consider the possibility of agent is large. Sometimes also prescribe medicine side here. Antianxiety get psychiatric office
After the party, you say "no action" and require replacement drugs. Because, what is more suitable for what kind of patient,
Doctors also need to give it a try.

However, because doctors may prescribe such Benzo Diazepam first line drugs, also shows
Their high security. Even if you are lucky to get such a prescription, but with a lethal dose of the role of small and
Distance is too large, in order to get the lethal dose would have to regularly go to the hospital. The prescription, one day at least
But within fifteen milligrams, so at least one month accumulated dose. Moreover, doctors have been worried
The open drug is accumulated and used to commit suicide. Precisely because it is not easily available suitable for suicide. Had estimated
Total swallow four or five ○ ~ 五 ○○ mg two patients Ghia knot Bam, in forty-eight hours are first
After restoring a healthy example.

"Snow Ray Namin ()" "Craxi that ()" and other trade names, although different, but
Are considered "Ghia knot Bam" drugs. Sometimes you do not understand is that when doctors prescribe what drugs can
Reference "by your doctor medication guide" a class of books.



Product Name	ingredient known lethal dose limit
Richelle letter, Ghia knot Bam	implied 500mg (I), 5mg tablets should refer
Ghia knot Bam,	500mg or more (H) 100 顆
Sunai Kong	

Note: The toxic and other marks are based on the Pharmaceutical Affairs Law
Prescribed restrictions. (Drama), said violent drug
Objects, (poison) that poison; both are violent
Also highly toxic and must be strictly dealing
Management. (To) is a must have medicine doctors' instructions
Goods, if there is no doctor's prescription is no
France trafficking. (Refers to) is designated drugs, prohibited drugs
People use outside agent division.

Toffee Lanier (-), Cleveland Tamiflu (), other

"Toffee Lanier," and other anti-depression agents, anxiolytic agents who do not work, extreme worry

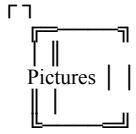
Depression, insomnia and other diseases is appropriate. Anxiolytics difficult than to get their hands, but you can not sleep doctor show, Anxiolytics like does not work, it is possible to obtain a prescription. Can even be described suicide. If you really stuck Into a melancholy state, then, sometimes cheerful, sometimes lively, once the drug interruption, that went back to the status quo.

It is listed antidepressants, which were similar in nature, there will be a headache after large doses, dizziness, Want to sleep. Sometimes cause mental confusion, hallucinations, usually quickly into sleep Township. However, hand, foot cramps Intoxication is common. Although considered not cause damage to internal organs, but there are also an obstacle to the liver Examples. Such as simultaneous and enhanced with central nervous system depressants and alcohol, effects.

Product Name	ingredients known lethal dose limit
-, Hydrochloride	10 ~ 210mg / kg (A), when the weight of 60 kg to At least 3g (I) 25mg tablets
Antidepressants	24 ~ 504
- Acid	10 ~ 210mg / kg (A), the same opera, to refer (With) at least 5g (I)
- Hydrochloride	10 ~ 210mg / kg (A), with the same (With) at least 4g (I)
Hydrochloric acid with the same same - (Same)	
Hydrochloric acid with the same same (Same)	
- Hydrochloric least	5g (I) 25mg tablets should refer (Same) 200

Product Name	ingredient known lethal dose limit
3g (H) 15mg tablets drama, to refer (Hypnotic sedative)	200

Product Name	ingredient known lethal dose limit
Wintermin acute lethal dose of hydrochloric acid when weighing 60 kg drama, refers to Resistance to Tamiflu Chlorpromazine	15 ~ 150mg / kg (A) 25mg tablets (Refreshment) 36 ~ 360



- intense drama pink medicine
  ""

Yin Simin ()

"Yin Simin" Although it is not anti-anxiety agents and antidepressants, but as the more common sleeping pills are doctor Prescription -· -. Of course, if large doses will form the excited state,
But suppress the central nervous system, will soon fall asleep due to respiratory arrest and death. Similarly, as with wine Classes and other drugs to suppress the central nervous system to increase its role.

WINTERMIN, resistance to Tamiflu ()

-· - The effect is very large. Most people take a long,
Soon you will feel intense drowsiness. A twenty-one year old college student at the time of the lectures served a "WINTERMIN" even after sleep, when he woke up the next class started. That is, he
People walking around unaware, a full sleep more than five hours.

"WINTERMIN", "anti-Tamiflu" is this -· -.
This medicine is for severe symptoms, not neurosis but schizophrenia patients, so the harder Get their hands on, but very lethal degrees. This drug also inhibit the central nervous system, cause of death was respiratory arrest. Heavy Want is to be swallowed before the arrival of enough sleep lethal dose of drugs.

However, some people swallow nine · seventy-five g rescued example. Poisoning symptoms: high fever, Unconsciousness, difficulty breathing, circulatory collapse, after the onset of symptoms of dehydration, acute renal failure and results Death.

Barbiturates (barbital), Ys Mittal (-), other

These are the suck will be dead. And a lethal amount of the magnitude of the effect between the minimum, it is said to take a Little will sleep and death. European and American Euthanasia Society also strongly recommend the drug. However, one hundred percent Can not get the hand. Because the year has been for a long time, and now the Japanese almost never use, even with a prescription, This is also a very serious symptom only to people. However, it is possible to get overseas, so this added To introduce.

These belong to the sleeping pills Baerbishi acid (Barbituric) system, large doses can make the heart Dirty and respiratory arrest and died extremely dangerous drugs. Symptoms of poisoning include headache, seizures, mental confusion, etc. Such as large doses will suddenly fall into a coma. If they can get their hands on, it is no better than this self-Lok Killing medicine.

Intend to buy it overseas, because trade name is not common, it should be remembered that the general name. It is said, Provisions of the Netherlands is relatively loose.

However, there are the following examples. A doctor aged 51, is estimated to swallow the twenty grams of benzene Cape barbiturate phenobarbital powder to that, a full four days in a coma state, and later by people Workers dialysis Reply consciousness, continue to appear delusional, fantasy, excitement after, after a month, fine Did not leave any obstacles on God discharged.

Almost can not get this type of hand, and they know their lethal dose of drugs at the end of this chapter for a list of parameters for Test.

Product Name ingredient known lethal dose limit
Barbital (sleeping pills) barbital 2g (G) only powder drama, to refer
- (Same) amobarbital inferred 1.5g (A), 1.5g (G), 100mg tablets with At least 6g, suggesting that 6 ~ 8g (I), 15 ~ 80 顆 with 4.5g (H)
- (Same) phenobarbital inferred 1.5g (A), 1.5g (G), 30mg tablets with At least 6g, 4.5g (H) 50 ~ 200 顆
(Same) Pentobarbital inferred 1g (A), at least 6 ~ 8g, 50mg tablets with calcium implies 10g (I), 3g (H) 50 ~ 200 顆
(Same) hexobarbital 2g (I) only with powder

Anesthetic

Anesthetic drugs closest to death. Compared with other pharmaceuticals, its lethal dose is very small. However, the recommended anesthetic drugs as suicide but how many scruples.

Originally, I do not know how to get their hands on. Even if someone told me that "club frequented by foreigners There ", but, in general still do not know which club, but also who sold me.

Even get their hands on, but it also contains a number of impurities. Besides, this is what kind of anesthetic is completely Do not understand.

But also because the body whether habits, their role and lethal poisoning and different. Originally cause

Dead volume is personal, local anesthetic, then becomes more apparent; Chronic poisoning is generally caused by NA.
Dead volume (some records say that ten times), this lethal method, in addition to a large intake of no other than the. This
That is, the anesthetic is not suitable for a planned use of suicide.

Because of this, the following described yes, but to those who can get their hands or already in hand, and
And who know their constituents to see.

Lethal ingredient He ordered his non-stimulant America infer about 120mg (A) Amphetamine 120mg (IV) (L)	

(A) excited Series

Doping

There was a problem, said: "Yes to deactivate stimulants, or to settle in life?" Correct answer
Should be "doping settled life."

When the Second World War had just ended, folk movement of goods named "Hero Points ()" is off
Heat a stimulant drugs do today called "linen ()", "Speed (-)"
Rogue youth club that was widely used, has still king of the throne of Japan anesthetic circles on
This is the anesthetic. Amphetamines (amphetamine), mainly in Europe and the United States to use, and the United States, he was not his life
(Methamphetamine) (Hilo friends) is the inventor of the Japanese, and later the world wide
Anesthetic spread to become the representative of Japan. Might as well say, Hiro Ban was "hobby job" in Greek
Meaning.

Stimulants stimulate the central nervous system, especially the brain to stimulate greater desire to improve concentration and activity
Hope. The first lethal injection in the vein of the United States when he was not his life, in a few seconds to tens of seconds heartbeat
Sharp, autonomic nervous system abnormalities, sweating, breathing deep and accelerated, dilated pupils, organ failure due to circulation
Dried up and died. Sometimes cause cerebral hemorrhage. Such as the effect of reducing consumption, it must be injected in the vein.

However, people who have been accustomed to, even if ingested ○ · five - one gram a day would not be fatal. A
Twenty-year-old woman taking two grams of the United States and other non-life after he fell into a coma, dilated pupils, facial muscles drama
Strong convulsions and was admitted to the hospital, eleven days were discharged, and may think she is very withstand the drug.
Conversely, there are only a five milligram · died examples.

Not expected someone to try, but to avoid "Richelle letter" or "WINTERMIN" and
Use, because it will reduce the role of.

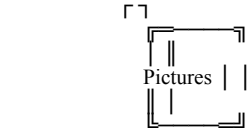
Cocaine (Cocaine)

According to a survey in 1984 by the American magazine for women, women under 25 have a third of the
One used cocaine. This is now the people's interest is rising among U.S. anesthetic. Has not yet
There are reports of cocaine deaths, fatal anesthetic is much higher than other, less suitable for suicide.

Have a stimulating effect on the central nervous system, making breathing deep, its pharmacological effects are generally considered stimulants
The same. Inhalation powder from the nose are generally, but the effect of intravenous larger. It is said that the general acute
Poisoning, it would die within three hours after use. Moribund state of consciousness, except with hallucinogens
The same anesthetic, even though some headaches but conscious, will be quite calmly thinking, "This is not very good", "not
Able in this way to die. " Who ingested a common · five - two grams a day that does not mean dead.

Cocaine is a major component of coca leaves, If you want to purchase overseas, you should brother in origin
Columbia purchase.

Pictures



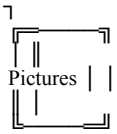
● sources coca cocaine "COCA"

Lethal dose Cocaine 1.2g (A) (J), injection 0.2 ~ 0.5g, Oral administration of 1.0 ~ 1.5g (M), about 1.5g (D)	

(2) inhibiting the series

Opium, morphine, heroin

These three are generally considered to be completely the same anesthetic, in fact, the same ancestor.
Opium poppy is the dried unripe fruit of the resulting emulsion powders made from codeine and other twenty
Base composed of a variety of plants. Among them, the most abundant accounting for four percent ~ 二 ○ become the main component of morphine,
Then by chemical treatment from strong heroin. Of course, the strength of the order of its potent heroin, morphine,
Strength of opium, heroin, morphine is considered to be ten times. Intoxication roughly the same, if you can get
Hand, or the most reliable lethal heroin.
These stimulants and cocaine contrary, can inhibit the central nervous system, resulting in a trance of pleasure, is called
Suppression series doping. Such as excessive when inhaled or injected, they occur within tens of seconds dizziness, nausea and vomiting,
Decreased blood pressure and body temperature, respiration is inhibited, in a coma on full six - twelve hours due to respiratory arrest
And death. Heroin-induced renal failure is fatal. Bunker rumors · Lauck, Xi Du · Bies,
John · · Richard Simon, heroin, etc. are being deprived of life.
Thailand, Myanmar, Laos, etc. are great origin, of course, easy to buy.



Morphine (left), heroin (middle) and
Structure of opium codeine contained;
All three are very similar.

Lethal ingredient
Opium 2 ~ 5g (A) (E),

1 ~ 2g (D) (M)
Morphine 0.2 ~ 0.5g (M),
About 0.25g (D), 0.2g (G),
70 ~ 500mg (E)
Heroin hydrochloride 10 ~ 600mg (A),
diacetylmorphine 0.2g (G), about 0.2g (D)

(3) mixture (Cocktail)

Fast ball (Speed ball)

Mixed with other anesthetics will form a synergistic effect, the higher the degree of death, such as sleeping pills, are generally
Believed to inhibit the central nervous taking drugs mixed together, it is easier to death, but in the local anesthetic in the world,
The series of cocaine heroin mixed inhibition and excitement series after inhalation or injection known "fast track
Ball ", in particular dangerous.
The use of such mixture, it will cross the central nervous stimulation and inhibition, newly hatched
Now the heart of the fierce beating heart was going to stop Hu, a phenomenon repeatedly presented within a few seconds. Cause of death
Is cardiac arrest, suicide is a wonderful mixture.
In addition, the stimulus series of doping and codeine, a mixture of stimulants and LSD, is said to
Irritation is quite powerful.

Lethal dose
LSD about 1.4mg (D)

(4) hallucinogens

LSD

It has year ○ ○ ~ 二五 micrograms (one millionth gram) of a very small amount of anesthetic on the role of fast,
Can not get less than lethal. All the drugs listed in this book, the lethal dose is the lowest.

It is not soon be able to die? Not. LSD is usually available in the market dilute the original
Release hundreds of times dipped paper, this would require a lot dose of this paper.

Generally, hallucinations are basically irritating anesthetic effect, extensive use will produce heart
Palpitate hyperthyroidism. Meanwhile, the head forming a panic state, and sometimes death thus out of the window. Though as
This, if used according to general usage, on the human body is less than other anesthetics.

Other than pharmaceuticals

Here is everywhere around you "poison."

Of course there are a lot of people have a desire, even if not euthanasia, in short, want to immediately die. In order
These people, this book also describes the euthanasia law is by no means a "crash suicide" and "self-immolation" suicidal square
France. About the drug is the same, if not sleep and died, experienced a flash of pain as long as he died
Also OK. You intend to settle for a lifetime, go and get those drugs is not easy to get their hands on is too much trouble. As
If tomorrow you are going to work or school, then it would swallow these drugs are listed in the book as well.

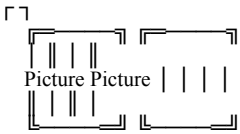
Here also describes the pharmacological effects in general, but some experts say that poisoning "Such things are not
Any pharmacological effect. " That is, most people will immediately after swallowing "wow -" to make a sound, throat,

Stomach ulcers occur through painful death.

Swallow method, except in the states outside content, not setting them. Nor is one hour with
Meal, mixed in with yoghurt in a class approach.

But you must know the lethal dose. The content of harmful components such products are not all the same, although
Stated dose but would like to know the amount of each commodity components can call to ask to sell at. From a lethal dose calculations,
Do not swallow too small amount.

To cite some may look lethal, in fact, the poor should not be toxic suicide, desiccant silica
Gel (Silica gel), synthetic detergent, shampoo, hair rinse, hair oil (Pomade),
Ink, plastic wrap, mosquito coils, catch cockroach pads, deodorant, deodorant, p-dichlorobenzene (Para-dichloro-
benzene) series, pest control agent, household bleach, the use of lime as a drying agent. Fenugreek
Hormone (Coumarin) series, rodenticides, are also poor because of toxicity is not used. In addition, of course
To lipstick, toothpaste, shower, etc. There "from the mouth into the body," the likelihood is safe. Toothpaste to a
Swallow whole is harmless, even if you have the urge to commit suicide, they also will not be available. Whether swallow
How much, but feel uncomfortable Bale.



- synonymous smoke "HI-LITE"
- strongest cigar "Short PEACE"

(A) cigarettes

Short cigarettes HOPE, HI-LITE and other

Nicotine contained in cigarettes is much more toxic than most people imagine to be powerful. A baby, sometimes a
Two could be fatal. Professional books, wrote, "and cyanate match poison."

Now sell cigarettes, containing a short branch HOPE · six milligrams, HI-LITE contains a · six
Mg, containing two short branch PEACE · seven milligrams of nicotine. The content of more than cigars, not
Too, when smoke from nicotine without burning utility. Of course, you can eat the tobacco, but the tobacco dip
Dissolution in water, nicotine, absorb quickly and better.

Tobacco after one hour after immersion in water can leach 五 ○ ~ 七 ○% of nicotine. Dissolution 五 ○%, hit
When counted sixty milligrams of nicotine intake, available Short PEACE forty-four dip in the water, a small
After drinking the solution can be placed in the pot to boil, leachable nearly seven ○ ~ 一 ○○%, time is also short.
And the heat is not a Baidu destroy nicotine on alcohol in the dissolution faster. Solution of non-cigarette
Often bitter, add some sugar is also good.

Nicotine stimulates the central nervous such as at the beginning of motor nerve excitability, the ensuing inhibition
With. Immediately after taking throat feel like burning pain, nausea, nausea, accompanied by headache, and soon
Perceived paralysis, unconsciousness. Because respiratory arrest and died. After taking the lethal dose, in the absence of excitement

Paralysis occurs state, into a collapsed state, flash will expire.
The biggest problem is the role of nicotine has a strong nausea, best served with a drug to prevent nausea
With. Of course, if such a solution is injected into the vein, the effect is stronger, but do not worry about vomiting.

Product Name	harmful ingredients	lethal dose
Tobacco	Nicotine	30 ~ 60mg (A) (B), from about 100mg (D), 50 ~ 60mg (C), about 40mg (F) (G), 80 ~ 160mg (G)

Dose
Each containing 2mg nicotine cigarettes 15 to 80

(2) pesticides, insect repellent

□ (Naphtha), camphor, kill the cockroach, insecticides

Of course insecticidal drugs can also harmful to humans. □ if there are "mothballs (Naphtalin ball)
(White dollars), "camphor powder" (Kawakita Chamber of Commerce), etc., as the original end 五 □ ○○ more grams sold. Camphor in
"Fujisawa Camphor" (Fujisawa Pharmaceutical Industry) for two hundred fifty-two g. Symptoms of poisoning include headache, vomiting, confusion,
Burnout, serious when caught sleeping. Liver, kidneys also injured.

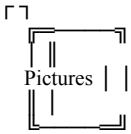
Now relatively safe pest control agent p-dichlorobenzene (Para-dichlorobenzene) based,
□, camphor gradually gone. □ stronger than camphor speaking from toxicity.

Cockroach killing agent "of the earth to kill the cockroach boric ball", "insect kill cockroaches days" so harmful ingredients containing boric acid. Boron
Acid inhibit the central nervous system, there will be a headache when large doses, vomiting, weakness, lethargy, drowsiness and other symptoms,
Death due to circulatory insufficiency. Right kidney, liver disorders can also cause worry to prevent self-generated sequelae
Attempted to kill should be large doses, as well as bleaching agents also contain boric acid.

Spray insecticides for spraying liquid into the air becomes, it is possible to easily drink.

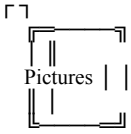
Pesticides in the "-", "-", "-" very dangerous commodities such as
Insurance. Harmful ingredients contained in these products, "cresol (Cresol) only a ~ a ○%, so do not take phase
When the amount is reach lethal, contained 四 ○ ~ 七 ○% ingredients O- dichlorobenzene (O-
dichlorobenzene) is highly toxic, so the toxicity of the drug itself is quite large.

Cresol (Cresol) causes mucosal erosion, vasoconstriction, O- dichlorobenzene (O-
dichlorobenzene) inhibit the central nervous system, stimulate the mucous membrane and so on. Both result in liver, kidney
Hazards. After taking the upper part of the digestive organs can cause pain, sensory disorders, lower blood pressure, circulatory insufficiency
Death.



- people feel uncomfortable as a white solid
  "Fujisawa Camphor"

Product Name	harmful ingredients	lethal dose
Pesticides	benzene	least infer 74mg / kg, 2g ~ 15g
		5 ~ 15g (A) (B), 2g (G),
	Camphor	2g (A) (B)
Boric acid to kill the cockroach agent		15 ~ 20g (A) (B), weighing 60 kg when
		0.1 ~ 0.5g (G) 6 ~ 30g
Cresol killing maggots agent		1 ~ 10g (A), 1.5g / kg (B),
		15 ~ 20ml (D)



● minimum lethal dose of 10ml of benzene

Product Name	harmful ingredients	lethal dose
Kerosene	hydrocarbon	inference 90 ~ 120g (A) (B), At least 500mg / kg (C)
Gasoline	with 20 ~ 30ml (A),	At least 10 ~ 50ml (B)
Benzene	with 10ml (A), 80 ~ 100g inferred	(About 108 ~ 135ml) (B)
Thinner	toluene least 50mg / kg (A)	Weight 60 kg When 300mg

(3) an organic solvent,

Kerosene, gasoline, benzene (Benzene), thinner (thinner)

Kerosene, gasoline poured on the body, such as lit is also possible, but to take it, but a small amount
There is not much pain to die. Both can irritate the mucous membrane after taking suppress the central nervous system. Appear
Nausea, drowsiness, chest burning sensation, confusion, and finally due to respiratory arrest and death. Sometimes there
Ventricular fibrillation and sudden death situation. However, there have been drinking 二五 ○ 毫升 gasoline and restored examples.

Benzene can always buy at the pharmacy. The minimum lethal dose is ten milliliters, the equivalent of a fifth of glass
Volume one, but at least it should Take 1 ○○ ml. But it also can not be regarded as a great amount. After taking
Central nervous system is inhibited, a general anesthesia. Its symptoms, the first headache, dizziness, and short-term
Appeared intoxicated and feeling trapped drowsiness, respiratory failure or sudden abundance of ventricular fibrillation and death. Symptoms of poisoning
Not serious, most suitable for suicide.

Benzene inhalation toxicity of the volatile components is larger than the taking. But did not clarify inhaled lethal dose, the
Not to be introduced.

Diluent would be "reducible coating liquid", mostly toluene (toluene) and methanol
(Methyl alcohol) in the blend. Most people get their hands on care, containing a quantity of ingredients is not fixed,
Therefore unsuitable for a planned suicide, but very toxic. After taking the mouth, esophagus, stomach burning sensation,
Suppress the central nervous system, damage to the hematopoietic function, leading to death.

Diluent using suction method is easy to die. One, ○○○ ~ three, ○○○ ppm
Can immediately caught anesthesia. In the wash basin filling banana water, covered with blankets, you can lose consciousness,
Die of suffocation. This is the only happiness suicide method other than the pharmaceutical composition. Should be used when using high purity
Diluent. Of course, before using other methods of suicide, to accelerate the speed is not to puff a few mouthfuls
Wrong start.

Product Name	harmful ingredients	lethal dose

Rust phosphate 8ml (A)

Iodine Iodine Iodine 2 ~ 4g (A) (B) [in the case of iodine,
30 ~ 50ml (A), 30 ~ 250ml (B)],
2 ~ 3g (K)

Cresol-cresol 1 ~ 10g (A), to infer 1.5g / kg (B)
Soapy
========== ==========

(4) household goods

Descaling agent, iodine, cresol soap and water

Rust Remover "Clean rust", "Best Clean helper" (Best clean) and other goods containing approximately 25%
○ The tetracalcium phosphate concentration and 89 percent. Lethal rust agent for twenty-two · five milliliters. Such as clothes
A lot of this, not so much the toxicity of phosphoric acid itself works better to say the mouth, esophagus, stomach and other produce
Tissue damage leading to acute death.

Toxic disinfectant in any pharmacy can buy, suicide is an excellent drug. In the pharmaceutical composition to
In addition, I am afraid that it does not exceed. One pharmacist said: "This kind of thing can easily most lethal because
To be able to big mouth to drink it. "

Iodine can corrode the digestive organs, causing headaches, mentally deranged and shock leading to lethargy and death. A
Phenol, generally considered an adult body weight of 60 kg speculated lethal dose for 八 ○ mg, can take
Central nervous system stimulant, narcotic effect after the display, resulting in perceived barriers and spasms from unconsciousness, call
Suction paralysis to cardiac arrest. Within five minutes, then fast, then within thirty minutes late to lose consciousness. Right kidney
Dirty, liver damage, twenty-four hours after ingestion is key, drank about 80 mg of p-cresol into
Coma fourteen-year-old junior high school students, once regained consciousness, but liver, kidney damage, thirtieth
Six days stranded in the lungs caused by air film "pneumothorax" died due to cardiac arrest.

Pictures

● most dangerous cosmetics - nail varnish to go

========== ==========
Product Name harmful ingredients lethal dose

Nail-soluble fiber matting agent (cellosolve) inferred 100ml (A)
Acetone inference 50 ~ 75ml (A) (B)
Amyl acetate inferred 50g (A) (B)

Phenylenediamine dye inferred 10g (B)

Perm agent potassium bromate infer 20g, at least 4g (B)
========== ==========

(5) Cosmetic

Nail Varnish go, hair dye, perm solution

Article 24

Nail varnish to the most dangerous cosmetic products. Containing acetone (acetone) 百分之 二 ○
~ Twenty-five, amyl acetate (Amyl acetate) 百分之 三 ○ ~ 五 ○, a narcotic, a large number of
Taking irritate mucous membranes, experience headaches, excited state, unconscious after fatigue. Its content varies by product
Different, in order to confirm the lethal dose table for reference. Such as suicide attempts, it may damage the liver and kidneys
Dirty.

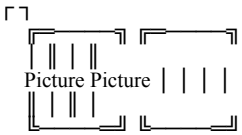
Nail Varnish go (Nail lacquer) also contain acetone 百分之 三 ○, amyl acetate percent
三 ○, ○ drink 五 ○○ ~ 七五 mg can reach lethal dose. Severe nausea, but as long as the absorption
There is headache, excited state until he lost consciousness. Because of the toxicity is not a big disadvantage is that you must drink a lot of ground.

The hair dye composition of the p-phenylenediamine (P-phenylenediamine) for use in the hair dye

Black, highly toxic. "Hair color than the root" (¬_¬), "drift king" (Hill hair industry); "Vera Tong" (
-); (Cosmetic) all contain p-phenylenediamine about two percent of. Powder-containing
Have a higher amount of "drift king" powders (a box of six grams) contains six percent; drink fourteen grams is enough.
Of course, when drinking, first dissolve in the water to improve its absorption rate is better.

Large doses can cause acute liver disorders, from circulatory failure to breathing difficulties until death.
The second liquid neutralizer perm solution containing two percent - six of potassium bromate (potassium
bromate). Potassium bromate stimulate the central nervous and stomach tissue, nausea, vomiting and stomach burning sensation,
Comatose state. Sometimes cause hearing impairment, is considered highly toxic.

However, due to less content, at least eighty grams, in order foolproof must drink a public
Pounds of perm solution. So I do not intend to recommend.



- contains a lot of intense chemical composition
  The powdered hair dye p-phenylenediamine
  "Than the root hair color" and "drift king"

- hair dye "Tony you wire ()"

Product Name	harmful ingredients	lethal dose
Herbicide	Paraquat	inference 40mg / kg (A) Inference about 15ml (B) 6 ~ 12g / 50kg (B)

(6) Other

Herbicide, aconite, salt

Herbicide containing paraquat, generally though not easily available, but is still widespread in rural areas
Use, they still can get their hands on. This is a highly toxic drug, is still unclear detoxification methods.

Paraquat and Ji Kehua special () has a similar structure and properties, both
Produce and make the cell membrane lipid modification enzymes in vivo. Appear severe vomiting, mouth, eat after drinking
Tract, digestive rot damage the liver, kidney, circulatory organs, lung and finally to death. Characteristics, the inner
Although damaged dirty but it is clear perception, so painful larger (Case 3).

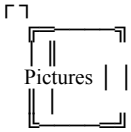
Article 25

Completely Suicide Manual

Herbicides "葛拉莫奇松 ()" contains two percent "paraquat"
Fourteen Plymouth gaylord Alex L "L", "Jimmy Day Special ()" contains
paraquat five percent, 吉克华 special seven percent, "雷葛罗克丝 ()."
Then with Three 百分之 ○'s "吉克华 special." "雷葛罗克丝" lethal dose is two ○ ~ 四 ○ milliliters.
In addition, both containing the herbicide composition as well.

There case is a four-year-old woman, drank about one ○ ml paraquat was not suicide
Accordingly. Estimated to drink "葛拉莫奇松" herbicide about ○○ men aged 28 ml in ten
Four days later lead to pulmonary disorders and death. Similarly, drinking 二五 ○ mg "葛拉莫奇松" five-year-old
Women in thirty hours due to circulatory failure and death. Drink "雷葛罗克丝" about one ○○ cents
Sixty grams year-old man died due to respiratory arrest after six hours.

In short, you want to die early, they must drink a lot of ground.



- Aconitum

A few years ago, due to the killings and to draw attention and much-selling possessed Aconitum

Aconitine (Aconitine), the plant poisonous to toxic famous, especially the content of the roots
More, stimulate the central nervous system and peripheral nerves, heart, etc., especially of the respiratory muscles disruptants produced pulp
Paralysis, respiratory function for about two hours to make the stop. However, ordinary florist is less toxic sold
Aconitum flowers. Aconitum mainly grown in the mountains of Honshu, Japan, can be taken. In fact, it was wrong to
For a wild edible caused poisoning.
Probably no salt to the suicidal person now. However, the salt also will be lethal, because it is interesting,
Here is brief.
Going to have to drink salt suicide three hundred grams (a bowl) is not. Had to drink one liter (about a ·
Eight liters) of soy sauce and dead people, because these soy sauce contains about fourteen percent margin of salt
Therefore.
Symptoms of salt poisoning, have dizziness, confusion, shortness of breath, fever, weakness, high intake
When the circulatory system, liver, kidneys, etc., causing disorder, will be fatal.
See here, you might feel wonder, why does not appear often hear

----- BEGIN PGP SIGNED MESSAGE -----

(2)
HANGING

Hanged

Hanged

Pain ▼ ▽▽▽▽
Trouble ▼▼ ▽▽▽
Sizhuang ▼▼▼ ▽▽
Implicated ▼ ▽▽▽▽
Impact ▼▼ ▽▽▽
Lethal degree ▼▼▼▼▼

Indeed, a simple, painless trilogy, not
Divided men and women overwhelmingly widely loved,
Called for the "suicide king."

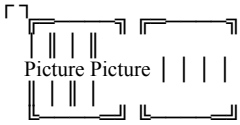
Article 26

Hanged

As if I was talking unfounded conclusions like, but it does no more than "hanging" more safely,
Reliably and easily be suicide.
There is no need to consider any other method.
You may not believe it, but after careful investigation or did not find a better way than hanging. Below
Will be described in detail why hanged superior to other methods, or even hanging out human thought art
Surgical goods. Because of this, Japan's annual suicide half have chosen this approach, and whether
All times are widely used.
The biggest advantage is hanged "attempt rate" is very low. As long as the rope continuously, set the rope branches not
Broken, and within ten minutes after the hanging is not to be found, it can be said the success rate is one hundred percent. There is
So a person, after the poison also cross the abdomen but did not die in the upper tram tracks did not wait, can not do anything the
Death did not go jumping into the final tree in the cliff finally hanged.
"If you want to commit suicide on the hanging", intended to commit suicide should keep this in mind.

[Ready]
Easy to get just a rope

Just something to prepare a rope on it.
Wires, belts, rope, tied to the neck as long as what you can. However, to try to pick
Selected soft and can be attached to the neck. Plastic packaging, such as department stores belt, even for more than one hundred public
Jin who is also a very adequate.
If you use wire and other things that have a class of cutting force, it will cut off the head and neck in case of occurrence. There is
People on the bridge railing leash rope at one end of the vehicle traction, and again sets the other end knotted around the neck,
After the jump into the river, the river flows to the results of the head was cut off and become "strange death incident" fierce trouble for a while.
Similarly, the vehicle also has traction rope tied to a tree, the other end of the sleeve on the neck started the car,
Cut off the head of a very courageous suicide staff.



● strangulation Figure 1 (left) and hanging (excerpt from
"Forensic Getting Started" Yasojima Nobuyuki help / forward
In public book)

You can also sit

Sets of rope, if not easily broken twigs, there can be. There are also a few high school grade
On the shelves nailed a five-inch nail hanging examples. However, to find a suitable set of rope places
Is common, especially in hospitals and detention centers.

However, not try to turn the rope hanging sets even higher than their length in the place to be.
Although feet or buttocks hit the floor, but also can die. Hanging on the bed and many people, which from the rationale
On the upper is also possible.

Prior to illustrate this theory, let us talk about the cause of death is different from strangulation and hanging at the death. The former

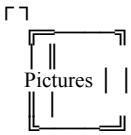
Tracheal blockage is caused by suffocation as much, the latter exports blocked blood brain caused by brain off
Died within a hypoxic state majority.

Arteries that supply blood to the brain, there are two: the carotid and vertebral be protected alongside the vertebral bones move
Veins. Strangulation way, even if the carotid artery is blocked, but the bones of the vertebral artery to be protected is nor can it block
The. But hanging way above the neck was lifted oblique angle formed, and therefore blocked both inside and outside, to
The blood supply to the brain stops an instant (see Figure 1).

Difference between the two can be understood from the body. Le's body from the neck to the vertebral artery in the brain, although
Continue, but instead of pumping blood from the brain was blocked carotid arteries, thus become purple and
Stasis; hanging way is seen bleeding.

Now to clarify some basic questions, and then return to the height issue hanging.

Hanged when 七 ○ blood pressure in millimeters of mercury, then he's carotid artery with three · five public
Pounds, vertebral artery with sixteen · six kilograms of force can be blocked. If the feet touch the ground and knees bent
Degree, there are seven per cent body weight ○ ~ 九 ○, (knees also have a weight percent 二 ○'s
Weight) down to the neck. For example, when the body weight of 60 kg person hanging knees touch the ground the way, the pressure
Forces on the neck of twelve kilograms, carotid naturally being blocked. At this time, vertebral artery
Terms have not reached the point completely blocked, so there traces of blood flow to the brain, but it is only
The problem is that time than simply strangulation even better on several times. Loss of consciousness may be a little late, but not
Have ended things with attempted. That is, the pressure in the neck, even if only the power of body weight per cent
二 ○, as long as the neck at an angle, not completely dead body can be hung up easily.



● Figure 2 various hanged himself (from "standard
Forensic Medical · quasi legal "medical books
Hospital)

In fact there are hip and back ground example (see Figure III), it was also recognized that as long as thirty
Height points can be dead. In Europe, some even say that in many cases the feet touch the ground. Intend to self
Own room to die for you, there is no need to give up that high enough. The door handle is enough,
Also a way to use the stairs slope.

The other should be noted that, although difficult to find places to be found, but unlike gas or drug use
Suicide matter take hours or days where the job is not to be found. Not only within ten minutes of
Found it can not be saved, and if there are dozens of minutes is done.

Relatives and friends who do not want to see their dead bodies, the best choice to leave their homes and on weekdays
Classes, school journey a little far away. When identity is identified, parents know, you have in the medical
A hospital or police station.

[After]
Instant loss of consciousness, no pain

When the trap rope around his neck, kicked off the foot stool after hanging in the air, your perception will be like?
According to those who study forensic science, a perception they hanged hazy, hands and feet can move not want to move, and in
This process is totally without pain, which is already common knowledge in the medical profession.
In Tokyo, an actor in front of an audience hanging, when he says, "like this squat waist ....." the
Instantaneous then lost consciousness and died in front of the audience. There is a forensic science who want to experience the pain of hanging,
Foot stool placed in a position ready to stand up and asked my colleagues there, just feet away from the foot stool
When they suddenly absence, thanks to being saved by his colleagues, and a lot of examples of this experience.

A wire hanging under suicide attempters rescued, said: "Om head to look at anything I do not know
Road, perception is not, even can not breathe and feel sad or pain at all. "
Not just pain, but also quite comfortable saying. For example, in judo was so Le skills and fall
Unconscious thrill to play in the bathroom with a towel boy strangulation game so constricted case of death.
Also, if all of a sudden overexert Diaozhu then dislocated neck joint will immediately lead to heart stopped
Stop and respiratory arrest.
Mentioned hanged, many people would think that was strangling the throat, suffocated in pain. In fact, in
Prior to feel breathless, has caused brain hypoxia and loss of consciousness, so there is no pain.
If doubt this statement, I wish that you set hanged with a rope hanging in the neck to see if it is really
In an instant loss of consciousness. Probably you just put a rope, the pressure on a little weight, you will feel more than think because
Like to be nervous and scared and immediately stop the test now!

Ten minutes of cardiac arrest

Some academics have also further divided into several stages and detailed research.
The first is the first stage, the mind begins to hum fever, tinnitus. Then there was the immediate flash
Light hair hot, tinnitus, hanging in front of the flash is just appeared immediately, while perception began to blur
Stand up.
After entering the second phase of the unconscious, the body causing spasms. It is said that the hand as the water action,
Foot for walking action, and then the muscles of the hands and feet began to cramp after cramp body straight. But
This spasm, it is now considered a small body trembling. This stage is a assigned a half minutes. It
Understand is that the male genital erection at this time, and ejaculation.
The third stage, is already suspended animation, urine and semen spill, protruding eyeballs, respiratory arrest.
During this period of about one minute, so to reach the point where only one-third to three and a half minutes. In this phase the heart is still
In the beating, such as are found also possible to save the next life. Since then, the heart will beat for about ten minutes, the heart a
Dan stops beating, there is no hope of rescue.
There is a United States acrobats hanging in front of an audience to imitate weekdays arrangement is started when the perceived mold
Immediately to the assistant handed cipher when paste. One day about a sudden loss of consciousness could not promptly handed out sign, in
There hanging thirteen minutes, has regenerative lack technique to the hospital.
This means that in just ten minutes, the man was not found, then you will be successful suicide
And there is no pain. Probably no more suitable than this suicide method!

[Corpse condition]
Hanging corpse is unclean it?

People often hanged drawback mentioned is that the body image does not look good. Indeed there incontinence and ejaculation
Situation. It is said that due to the throat was up strangling tongue will extend, due to congestion and purple face,
The eye will be highlighted and so on. However, to the point of frightening examples are few. Eye for several days before death
Will highlight the tongue does not touch the teeth protruding. That is, the case body just so.
Judging from the photos hanging corpses, mostly just "shrug pull" where and when the living
No different. As described above, since the head of the blood supply is cut off quickly, generally face
Congestion does not occur. Although the look of the image is not good, but, and jump, crash bodies compared to
To say that the bodies of decent.
To prevent incontinence in advance can go to the bathroom, did not want to ejaculate, then do first masturbation. To chase
Sui Emperor Showa, died the day of suicide in the elderly, aged 87, mouth gauze, then wear a mask, in Orange
Child on the hanging garden. Perhaps he was too ugly to want to die, right!?

[Watch out]
Le neck is very painful

Previously mentioned, the advantage lies in hanging pulled neck posture due to obliquely from above, causing reined vertebral
Artery. Hand choke neck of the occasion, of course, not blocking the artery, the blood supply to the brain and therefore can not look

Completely Suicide Manual

Child unconscious. Hanged, then lost consciousness as of the first stage, brief neck occasions in conscious
Under the circumstances the experience of the first, second and third stage, then it finally ground unconscious. Turn out
Trachea is blocked and becomes choked to death, coupled with the experience cramps, it is quite painful it brings.

Even so, his own neck strangling suffocation suicide touches a lot. I could not help but express sympathy to him
Heart, why not spend a bit of work manufacturing thirty centimeters of height it!?

Associate Professor, University of 42, with the tie to tighten little by little, and finally the mouth bleed to death.

Participated in the Tokyo Olympic swimming competition, then went to live mediocre lives of housewives aged 43
Women, full use of the extraordinary lung capacity, in the mouth, nose, neck tape wrapped around the stick multilayer suffocate.

For killing his son was locked up 49 housewives in the detention center in the stomach and nose plugs
Enough toilet paper and suffocation.

There custody at the police station interior, swallow about one hundred grams (roll) toilet paper, due to bronchial closure
Plug and suicide 46 construction workers.

Of course, this approach also can die of suffocation, but accompanied by considerable pain, I was
Reluctant to recommend.

About hanged, but also mentioned that: due to cerebral hypoxia is formed inside the cell is damaged, so
Attempted suicide when it will leave severe brain sequelae. Brain cells and other cells of different characteristics, are
Does not destroy the regeneration. Therefore, it is necessary to make careful arrangements are not to be found.

[Case Study]
Attempted hanging tragedy · Frank Nagai

October 1985, singer Frank Nagai's (then aged 53) left at ten o'clock at night
The right end of the show back home, and his wife drank beer, half past ten or so sleep. But to the semi-
Night, after a long time did not come back out of the bedroom, looking out at his wife, was found in the middle of the first floor and second floor
Handrails on the spiral staircase, put forty-five tie hanging, it was about three o'clock midnight.

When the ambulance arrived, Nagai's not breathing and pulse, lying unconscious there. When taken to the hospital
Have dilated pupils, in a state of "imminent brain death" is.

But after forty-five days but miraculously regained consciousness. A month later will say a few words to him
"Love Jun" song title, he also knew the "king" word. And later returned to write "Nagai" word.

He later admitted to hospital and discharged several times, and now has been able to do some walking, but also can sing karaoke OK familiar
Song, showing the further recovery. Still, he could not recognize his wife and friends went to visit the sick
Friends, somewhat similar to a state of dementia, in 1989 became the interdicted person.

He put this experience to tell friend Dan Bozhe Lang's time, had this to say:

"Just hang on breathing difficulties, momentary vision becomes red and then become the dark. Seen empty
In his face distorted, gradually heard the wonderful sound. Sound gradually become larger, disappeared in the darkness of the tunnel
Lane. Their sudden rise, floating forward through walls and doors, you can see the lower bound of the situation. Suddenly note
To their standing on the ground, from the front garden to hear beautiful music, but also heard the deceased friend
And sounds relatives are remembered and driven to meet the mood went forward. There are bars Sancha
Rivers, but an unknown force pulled me back. "

Nagai's why attempted suicide because her former lover raised the child is born to the two of them
Person require alimony and distressed sake.

[Test this example]

Attempted hanging extremely sensational case, I am afraid it is only this one case. Even if the percentage is considered consummated rate
The hanging of one hundred, and if there is soon to be found not succeed.

From the above example, if the stop pulse point of view, may have been hanged the ten minutes or more. But some experts recognize
As "(from the point of view now returned to) the time was found hanged just three to four minutes, feet
And hips should be Zhuode of. However, even the lives saved, the brain is damaged, will not be restored. "
It kind of sequelae Nagai's case has been described. Nerve cells of the brain, since the blood
Damage is no longer the cycle begins when the moment. It was very scary, attempted hanging is terrible!

According to its I said, in an instant (usually horizontal) loss of consciousness, vision becomes red and then
Into the dark. After a wonderful experience, can be called "dying experience", said that many people are dying

Experienced.

[Case Study 5]
Cm height ninety-one hanged · joint Red Army cadres highest Tsuneo Mori

January 1, 1973, in Tokyo detention Tsuneo Mori (then twenty-eight) in a single person
Hanged himself in his cell. Himself as a January 1972 armed revolutionary groups composed. He
The "only gun doctrine" advocates only rely on weapons revolution to succeed, in the mountains of Gunma underground headquarters
Armed training, was arrested in February 1972. He confessed himself to twelve "Red Army soldiers."
"Action is not a revolution," as the reason, but were killed by the fact that September was transferred to Tokyo detention center
Waiting for trial. The lynching tortured killed twelve events, compared to flee the Red Army soldiers
Asama Hills event occupies more people feel "closed group of crazy", and sometimes shocked the Japanese society.

In the second year of January 1, Tsuneo Mori usual to have eaten breakfast and lunch. In the afternoon
One thirty-eight, patrolling guards also saw him sitting on the tatami reading. But after fourteen minutes
When one fifty-two, caretaker visitation solitary confinement again, in his ninety-one centimeters high iron fence with
Sixty centimeters long towel knotted, hanged himself inside the hood.

Doctors rushed to beat the booster, do artificial respiration, to no avail, about an hour later off the gas.
He reportedly used clothes tied around his legs stretched out there, forming "" font hanging in there, but also
Some people say that when the shape of the dead seems to be "going to sit down and look." Analysis of this suicide, when
When suicide "will tie the legs kicked in the air force, so the gravity applied to towel reined in his neck."

Although found unconscious but alive when the vein is the same with no change, did not find out
Blood and incontinence.

He left two suicide note said content is the only weapon doctrine recognizes the error. He also heard from
Suicide a few months before starting to love reading the Bible, Christianity played a great interest.

[Inspection death]

His hips ground yet?

He is tall and one hundred sixty-three cm, weight fifty-four kg of little towels used for sixty public
Points, but also very short. Wear a neck tie at the railing, then the neck tightly against the railing. The clever thing
Together, his waist expertise, coupled with a towel to tighten reined in his neck, his hips might not have Zhuode of.

That is, a man weighing fifty-four kg feet touch the ground, back against the wall hanging way in
Awakening within fourteen minutes is impossible, it is to prove a powerful and easy hanging card may expire in a short time
It is.

Having said that, the tireless efforts and tribulations in order to carry out the revolution, and finally to abandon a long time
Faith, and because the gods refuge, but could not rescued after suicide, which is how the poor thing.

However, although it is twenty years ago, I believe it can cause the revolution itself than on the twelve
Associates who lynching kill things much madness.

[Case Study 6]
Hanging in a psychiatric hospital for women rescued

At 16:45 on May 17th 1982. In a psychiatric hospital, a hospital
Women caught in the excited state shouted "kill me now!" They were sent to protect the room. Forty minutes
After the five twenty-five, climbed on with a good few quilts stacked panes hanged himself with a towel. Found
Breathing, heart has stopped, were rescued down artificial respiration with a tonic, five minutes to
Appears after the spontaneously breathing and weak pulse.

Nevertheless, a full two days without consciousness, and finally the third day there was a reaction to stimuli. Fourth
Days since regained consciousness, a week after the flow of juice can eat, since the second week were "restored self-training", then
Energy and other patients had together over two weeks after the collective life. But memory was impaired, the loss of the former
Enthusiasm, always hiding in people's dependence on caregivers can have.

The women in her twenty-year-old after living in the hospital for over ten years, before this is still its

He lived in a psychiatric hospital three times. 1979 near General Hospital after discharge to work, because the single
Bit of friction male employees to give up their jobs, and cohabitation with another man, and soon began to eat East
West, shouting "Kill me!" Over two years and was hospitalized. Hanging is a matter of six months later, it is
Third suicide attempts.

Her experience is graduating from high school in the towel factory job six years, twenty-year-old married, from the second year
Married, gave birth to a boy, but the child died shortly after.

There, she was five people, including her sister, including four individuals were attempted suicide, attempted suicide
Behavior.

[Test this example]

Like the nurses said: "The minority because while medical personnel discovered quickly disposed of, back from the dead
Rare examples of students'; although the heart is once stopped, but not yet reached the deaths rare examples. From the blank
40 minutes in, lose time stacked quilt, probably hanging fifteen minutes later, the heart just stops
Was found when only.

Although there are forty minutes and enough height but failed to death, and the examples which formed Tsuneo Mori fresh
Bright contrast. In a hospital or prison because there is so timely surveillance was discovered, suicide is difficult, especially
Hospital due to emergency facilities, more difficult.

From these attempted cases of view, might want to hang and it is not that simple. But, after all this
These are very rare examples. From there ten thousand people die each year hanged, but the percentage rate is almost consummated
The effect of one hundred, the means of suicide by hanging is still topped the throne.

However, this person's later life what is it? It has far exceeded the misfortune or bad luck. From
It seems this is the next "living hell." From the sequelae of view, might not have come to save her well.

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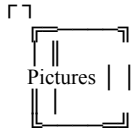
[Suicide Map (1)]

Tree Sea

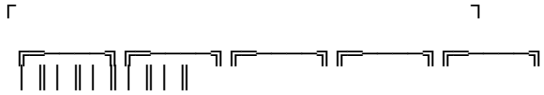
If you feel the work and relationships
Boredom, to absolutely not known by others
Quietly suicide case, I would advise you to milli
Do not hesitate to step into the "sea of trees" go. No
That is not easy to find the bodies of more than a sea of trees, but also
Easy to go into a suicide sites.

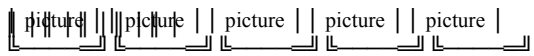
You will unaccounted for, the passage of time from people
Their memories disappear. However, to achieve this
A purpose, it is necessary to study the sea into the tree

Methods, this map can be used as a reference.



- Figure a sea of trees full map
  (The white part of the sea of trees)





(A) the direction from leaves platform overlooking Lake saw a sea of trees
(2) the entrance to the sea of trees, "Aoki original nature trail."
(3) the fate of the station's "Windy Point"
(4) the first fork in the road; here or safety zone
(5) the first warnings

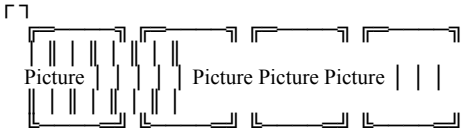
[History]

Suicide in the tree in the sea as "thirty year
People, there is no neutral "(Fuji-Yoshida
Police Department). Other "suicide spot" half
Were in the past, but the sea of trees as a way to commit suicide
Point better than other places, has been from the point
After shows.
Originally sea of trees is suicide resort, but a
Erupted out of the name and dozens of people every year in this
Suicide, mainly in 1957 in a sea of trees for
Songbenqingzhang fiction background "Waves Tower"
The reason for the drama was adapted.

[Find corpses route]

In general, immediately after entering the sea of trees
Will lose a sense of direction and get out, so do not
Where to go in the tube are possible, but
Where to find the bodies of presentation is always the way
Lines.
The most common is from the nearby "Wind Cave" into
To go. Fuji rapid bus Wind Point station (eg

He went to France with reference to the traffic bar) get off to the
2139 line of State Road, south to see into the wind
Cave entrance road. Wind Cave move forward is the
Ticketing. But do not walk into the wind hole, ticket office
There are two roads before, Aoki go to the left of the original self-
Ran trails.
Walked for about 300 meters, another fork
Road, to go on the left that says "ice cave · leaves Taiwan"
The island. In front there is a sign that says "only
Once life, cherish it, "but do not put it
Seriously.



(6) into the rich Yue Lin Road signs
(7) Finally, the warning signs; There are traces of vandalism
(8) Fu Yue Lin Tao; rope blocking the road ahead
(9) primary forest interior; here you can feel at ease to die a

And then walked about 300 meters erected road
Standard, on the left to write a book, "leaves Taiwan · ice cave" right
The side that says "Road." Road side have a
Lead sheet plate down in there that says, "Life is a two-
Pro endowed with valuable property! Think again double

Pro, brothers and kids! "Do not reason
It is. There will inevitably come a little bit of action
Shake, you can decide whether to go back, because
Compass still work, and then move it into the rich
Yue Lin Tao.
    This mountain is very ordinary mountain, right
There are people who experienced climbers nothing special
Special. However, surrounded by dense forest,
Because the scenery has not changed gradually would suspect not
Know how far to go, go in somewhere!?
    Mountain is roughly southward extension. Walk
Fifteen minutes or so, the road is not the road, four
Zhou bit like the original forest trees, and then re-
Forward fifteen minutes.
    Since then, no matter where one direction
Into the jungle all OK, but to take the most right
Okay.

● never find the bodies of local
    Also re-introduce two never find corpse
Body areas.
    A quick bus in Fuji "leaves
Taiwan entrance "to get off. Near the fire brigade and the brigade has
Museum, "Jennifer Wood Hall." Asphalt road along the meantime

Walked about one kilometer, you gradually see a
Jungle, and then walk about a kilometer ahead is the original
The forest. Follow this road into the left fork
Road, try to walk toward the depths. Next has been to
Before walking on it. This band, do not say when
Of people, not even suicide volunteers Conference
Come. Locals say Fork Road was "the most difficult to find
To the body. "Areas.
    Another is the rapid bus at Fuji
"Chi Chi" get off the asphalt road along Lake sophisticated
Hiking trails, right after one to two kilometers into the walk
Into the side road. Here, whether local or
Tourists will not find the body.
    Both methods have to travel a relatively long
Road, but could not find the body into the hole from the wind
Reliability is relatively high. Due to general tourists
Do not come here, when you do not look inside into
Arouse suspicion.

● then move forward can not go back a hundred meters
    In the original forest, everywhere packing
Wrong section of roots, moss and fallen leaves cover the hole
Pit, it is not straight forward. Since that is
Remember antecedents, and walked more than one hundred meters after it
Totally confused direction. If you took a compass
Then put it away, anyway, can no longer
Back to place the.
    The tree is the most appropriate use of the sea to die
The death rate is very high hanged, just prepare a rope
Sub enough. However, the trees here are very
Tall, looking for a tree fairly close encounter difficulties
Difficult. In order to find a tree, you will be more far from the mountains
Lu, harder to find people. So, you're it
Like forever disappeared from people's memories.

[Watch out]

● large search will be found
    Every October, the local fire brigade, police
Police, a total of 600 people on the map Z Road were
Corpses large search. That is, if the State Road

And the middle part of the lake on the south side of the road to self
Kill it, the body will still be found. That
So that both sides of the national highway, walked along the nature trail
But 500 meters, then is the same. The most
In recent years, a large body was found in a search
1989, three (including a female), a
九九 ○-year, five in 1991 (which
Women in two), 1992 due to Wind Point
No killings occurred near the search. Total
Of, never enter this area.
Incidentally, when the family commissioned Search
Occasions, one day a person searches for the charge is
Ten thousand yen. That is, if the mobilization of fifty

Search for two days, we need one million yen
A.

● Beware of Self-Defense Forces!
March each year, from near the entrance to Wind Cave
Conduit temple area, the Self-Defense Forces into the jungle
Line a column of walking training. It is said that in the big
Most searches are not found in the bodies of these
A time to be found. Therefore, from the Wind Cave of
Conduit temple area to the south, the same or not
Is selected as well.

● Do not be skeptical locals
People living in the local time, a
Looked able to distinguish suicide. It is believed,
Only with a small bag, or do not take pictures that
Features, but more importantly by intuition. When you
Want into the sea of trees, the locals will play trick on you
Hu said, "Do you know what place
It? "And to persuade. Although you say "let
Well, I'm dead, "they would not listen. After
More than forty minutes of Mozuipizai, some final
Yield and pulled back. So, first of all do not
Cause this atmosphere. However, the dying moments also
Pretended very happy look a little prank. In
Do not procrastinate before entering the sea of trees, hesitated
Not before, went very generous, locals
Not doubt now over. Because even
Locals also difficult to come back into the one hundred meters
This is the truth.

● Do not underestimate the monk
I heard in the temple lived a God Conduit
Secret monk. The house is common, but in
Deviate from the mountain areas often see him driving son
Buy things, but rely on to maintain life even when
The people are confused. Since I can not underestimate him
Existence, then walked into this area to avoid it.

[Transportation · accommodation]

JR Mishima Station from Fujitsu bus line
To Fuji Yoshida need two hours. Back to Fuji
Bus station entrance to the leaves, Wind Cave need three very
To forty minutes. Bus hourly intervals.
It should be noted that the car will be reduced winter trips
Less.

Of course, there is no need for accommodation, but in order to
So spare us about. Lake's south
Many bed and breakfasts, open all year round use here is the most
Convenience. From here to Wind Point station, take Fuji

Rapid buy for about an hour. In the Hill
Jennifer Wood Hall mouth accommodation.

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[Case Study 7]
Lived a nomadic life in the sea tree man

There is a thirty-one men's job
Member, in November 1983 nautical miles in the tree
Sixteen days later wandering, is protected police
A.
He was late September, due to companies and individuals
Trouble and drove away from Yokohama home. He opened
Aichi car in their own hometown and the Northeast
District stray more than a month after the determination to commit suicide, to
Families sent a suicide note, October 26 from Naruto
Sawamura leaves Taiwan entered the sea of trees.
The initial one week, went everywhere together
A suitable place to commit suicide, but sometimes encounter just about hanging
The mushroom man, in a sudden death can not afford
Under the circumstances of the death of desire gradually from weak
Come. So, sometimes to the national road to buy some bread,
Sometimes in the car parking to eat, then went back to
To the sea of trees, so live like homeless students
Live, it is difficult to resist the cold rain last ten
January 10 to live in the West Lake of a bed and breakfast,
And telephoned home.
Local police and fire departments by family
People entrusted to mobilize more than a five-person ○
A three-day search, in fact, this man knows
Road during the search.
After he was protected, said: "I will not
Think of suicide. "

[Test conditions]

Even then step further it can not be returned
The "Death of the primeval forest," If the incoming
Route wrong, it would have caused such a knot
Bureau. Probably he was in the south west of the road and the same
8 State Line Road between leaves Taiwan, underwater cave a
With activity here is hiking routes, there are off
And interest at the ranch. People will encounter mushrooms
Very natural. If you really want to die, then it
The area is not acceptable.
Weak early death of desire, but still
Old continue into the sea of trees, spent ten days
Tree sea life, it sounds really is a joke.
Sea life is dangerous trees or pleasant
Also unknown.
This sea of trees suicide volunteers, he
The action illustrates the "even into the sea of trees, a
Weeks without food or drink can survive, "Jennifer
Expensive materials.

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(3)
LEAPING

Jumping

Jumping

Pain ▼ ▽▽▽▽
Trouble ▼ ▽▽▽▽
Sizhuang ▼▼▼ ▽▽
Implicated ▼▼▼ ▽▽
Impact ▼▼▼▼ ▽
Lethal degree ▼▼▼▼ ▽

Suddenly jumped painlessly. Lethal high
Is the most advanced methods of suicide.

Jumping

Jumping and jumping suicide is painless.
No pain, no anxiety, and no terror. Not only that, they can even be considered very happy.
This is not the analogy, in fact, true. It sounds a little nonsense, but if those
"Fall" if the people together, we can only say so.
In this regard, the following should be described in detail, but this way, jumping and jumping suicide may
To say that is an excellent means and hanged himself comparable.
Jumping and jumping like no other means of suicide accompanying shadow.
Revolutionized jumping and jumping suicidal ideation is a girl named Kayo Sato. Dating back nine
一九 ○ three to ten years ago, leaving "the truth of all things, in a word, Japan 'unsolvable'", and from
Kegon Falls jump youth - Fujimura parade, is given his suicide itself different from the past
Philosophy noble image. As if emerging successor as Kayo Sato also given falling suicide
Some kind of sacred images, resulting in one after another follower, and even appeared "She is fall,
Is jumping. "This myth. Kayo Sato is the real name of Red singer Okada Yukiko's.
Perhaps for this reason, regardless of age and sex, the use of law after jumping or jumping hanging method,
Especially youth and young girls happy this method, while women are more. This method upward trend, which now includes
Teenage girls, including female suicide Five 百分之 ○ is falling suicide, far ahead of other self-
Killing methods.
The earliest jumping who is said to be 1935 male employees of a company from Ginza department store Matsusaka house
Seventh floor roof to jump off the streets of Ginza. Takashima community level shift from the past or Jin Pu Kegon Falls
Representatives of high-rise buildings, has a close relationship with urbanization, is one of the modern urban phenomenon. Gang

Yukiko suicide the next day after that April 11, 1986, eighteen-year-old girl pulled
Sister's hand, leaving "in order to be able to comprehend their super powers in a past life" and jumped from the roof of the community itself
Death.

[Ready]

Twenty meters from the ground requires a high degree of

Jump from a tall building when necessary beforehand should look at the situation of falling height and location. Suicide attempters more, mostly because of the failure to ensure the necessary height.

If you really want to die, it should be more than 20 meters in height from the ground, from about seven to Jumped over eight floors. If the concrete floor, it can not be saved. Jump from the fourth floor, success ○ rate of only five per cent or so. Incidental to tell, each additional layer is higher than three meters, might as well as a change The basis for calculation.

View drop location is also very important, downstairs small trees is not enough. From about 18 public high Foot five-story school building roof jump downstairs Grove sixteen year-old girl, only ended in failure seriously injured. In the United States, Some people fall flower beds from twenty-eight meters high, it is only by breaking a rib and left wrist fracture Minor injuries.

Downstairs there is not enough trees or street lights. 15 meters high from the third floor fire escape jumped fourteen Seventeen-year-old female high school students, only seriously injured hospitalized for six months, the result is attempted suicide. Downstairs there Green blocks to mention, when you fall out of the coat worn on uniforms bulging with air played a parachute Effect, the air and hit the maple, thus eliminating the scourge. Jumped from the seventh floor of Shinjuku travel inn Is a communications agency reporters, because streetlights and feet in the air hit the ground first, the left shoulder and pelvic fractures not dead Off. He did not lose consciousness, half to herself in the curse, "Fuck, fuck," back side A policeman came to questioning.

Vehicles sometimes act as spacers. In Nagoya City, a 30 and three meters high department Building roof jump four-year-old man on the road, fell to a prone position on the hood of the vehicle, by To facial contusions and fractures of the right shoulder injury for three months.

In addition, the following is zinc leather panels on the roof at the bike park too. To the family allowed to keep picking up Back kitten hugging kitten jumped from the 11th floor of the fourteen-year-old girl at the zinc bicycles Skin panels on the roof to break a large, three broken ribs, fell into serious injuries, but she and her kittens but had to keep the sex Life.

Although these are a special case, but in a plane crash in the United States, someone from 三七 ○ m Height of the snow fell on a piece, except for the waist and a few broken ribs outside, life was saved. And so, On the snow should also be noted.

To find an inconspicuous place

In order not to be found quickly and rushed to the hospital, to find an inconspicuous place is the primary consideration. From Pills College girls in the middle of the building and the adjacent building jumped, a year before being discovered, called inconspicuous Is the place for some time interval after the plunge only be discovered. Next to the wall under the Sophia University Museum VII Side, when the pack jumped from the roof of the student bodies, and occasionally also found that students who disappeared six months ago Jumping corpse; course, this is a rare example.

Jumping on the election resort

Jumping is sometimes not reliable. Two junior female students from sixty-meter-high cliff jump suicide One dead, another was saved. Jumping under the same conditions, the outcome could have a such a big Differences. Furthermore, no matter how steep cliffs into the sea will not necessarily die. So, this Under the case on the choice spots it. Spots come from somewhere, so it became the spot. If you choose the cliff, there Shikoku foot off cape, Jin Pu Atami, Kegon Falls waterfall there to choose from and so on.

Article 39

Completely Suicide Manual

[After]
No pain to die!

The most curious is that in the process of falling is what it feels like, when asked whether the pain of this landing Question.

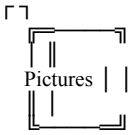
Jumped from the fourth floor of the building and saved the fifty-year-old man said: "there is no feeling of fear, it is natural The entire body over the balcony railing, whether you remember the feeling of pain fell to the ground when, but They know that they also fell to the ground. "To continue to feel the air being whereabouts, he said: "From jumped to the ground in the process, though it is a matter of course, but still think the ground head first or feet First floor of the issue, probably do not want to touch the face of it, it is natural to use his hands to his face. "

Falls from a height to shore and survived the ice man said: "seems to be sitting on huge wings slowly Slowly declining, calmly think of themselves, think of the families of the future, so many memories like lightning Like the passing of the mind. After falling to the ground breathing chaos, there is no pain in the case lost consciousness. Although the head and the hands, feet or ice collision to Yashi, multiple bruises, but did not feel it. It can be said, Nothing is more straightforward than this moment of time! "

This due to an accident and fell examples are too numerous to mention. These experiences are common point to start is Drop down slowly perception is very clear, there is no anxiety and terror, just like in a dream-like.

At this time, the memory of childhood is often in my mind like a revolving door roll, and sometimes look
See the mysterious light, sometimes looking down from above are falling themselves. The heart from time to time in the stable
Love in the loss of consciousness.

Jumping and jumping suicide, the vast majority do not issue screams and shouting, big generous is due
Species because of it. A drop by, said: "really want to emphasize is the most drop dead from a height no pain to die."
There are even those who fall, said: "That was a perfect death, what pain did not, compared to injections
Pain and more. "Therefore, we might say that jumping and jumping suicide is no pain.



● Figure 1 height and speed collision

Shouting "pain! Pain!" Crying girl died

Of course, there are also exceptions.

"Now I want to commit suicide you, bye!" School female high school students have also sat on the fourth floor windowsill sudden
Then jumped down. When she was holding up, whispered a say "killing me, killing me!" The
Crying. She broke his neck, to the hospital soon after died. The reason of course is very clear, that
The fourth floor height is not high enough. In order not to leave the feeling of pain, you should choose or be killed on the spot
At least fainted height.

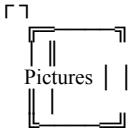
Also, from the thirty-fifth floor of Shinjuku Sumitomo triangular building, from the ground 一 四 ○ meter high jump of
Woman about thirty, his hands stretched level to high-altitude diving posture fall, half of the face and head
Broke ground and died instantly. At this time, the witness heard "wow - 'screams. There are also side miserable
Called side jumped from the 11th floor of the seventeen-year-old female high school students. When two men jumped probably also felt the horror
Unknown.

From a physical point of view, from 20 meters height (about seven storeys) jumped when a seconds
Landing four · nine meters. At this pace for three to five · five kilometers per hour, after about two seconds to the ground.
In this short span of two seconds in order to roll with a variety of postures, when the ground speed of about 70 public
Lane. Just imagine when riding a motorcycle or a car, hit the wall when using this speed is not thought
Like so much of the collision. However, from a higher place to fall, when its impact 着地 is great.

There is an unbelievable stories, for example, from the 11th floor apartment and jumped down from the roof of female high school students,
Even in the ground when the Sewer Lid hit into two halves.

Tiaoya

From the cliffs to jump, because of the surrounding natural environment's sake, there will be a variety of different
The situation, though a bit says no, but still more deaths in a violent collision. Fell into the sea or waterfall pool
In the middle of examples of deaths due to collision of rock a lot. Jin Pu in Atami suicide comedian Nakata
Haruo, the drop in violent hit rock cliff, so visceral rupture death. Also in Pu Jin jumped five
Thirteen-year-old man, the body is contusion, died on the spot. Of course, if you fall into the sea or lake, there are
Possible drowning.



● Figure 2 multiple trauma injuries were mainly
Site (From "aggregate clinical supplement to save
Urgent Code "Nagai bookstore)

[Corpse condition]
Everywhere there are injuries, but not horrible

Like fifty-year-old man jumped in after thought, as people will find out which parts of the ground
It?

Study of a medical expert believes that when suicide, land feet first case like the most. Feet first
The land, sixty percent of the people bears head trauma, thirty percent of people vertebral fractures, liver
Dirty and lung injury were twenty percent, heart damage by 25%.

Followed by head-to fall, then there skull fractures, brain injury and rib fractures, hand
Arm fractures and lung damage in the case of the spine more common. Then followed by the hips and recline fell significantly.

So, no matter which part of the ground first, many are injured, jumping and jumping from the suicide point of view,
Case more than three injured head, abdomen, hands and feet, nearly 70 per cent. In short, the body everywhere
Injured, and up to the situation in the head and chest injuries, more than seventy percent of the fatal injuries are made
This caused. Because of the inertia of the vibrating heart dropped when the body is large, the main artery rupture occurred
Situation much. Thus, due to skull fracture, body contusion, visceral rupture, excessive bleeding and other reasons to die
Death.

Perhaps not want to be seen as appalling body, but once they are found quickly ambulance
Arrived, took an instant effort to clean up the bodies. From the hip with the situation, sometimes almost see the body
Not see any signs of injury (Case 9). Therefore, suicide is not so bad to die.

[Watch out]
Beware of pedestrians!

The ground where it was, then, the question will cause a lot of trouble.

Because the pedestrian who fell and saved, there are several examples, was pressed in the following claims injuries will
Huge compensation payments. Saitama communication high school students jumped from a department store when the roof fell to the next stop
On the car side, I certainly dead, but the man sitting in the car also broken neck caused the chest

The following paralysis, two hundred million yen compensation for families of the deceased.

A recent example is that in November 1992 a man jumped from the eighth floor apartment falls under
The following conversation with his girlfriend's high school students, who jumped to his death shortly after, and that students are four days later
Die. Someone who is definitely not a good thing to jump fall, it should pay attention to.

There was a fifty-one-year-old company director wanted to jump from the highest level apartment, but there are several children see below
In the play, so the side of the hands behind the railing on the 14th floor of the hallway pulled one side shouting "escape! Escape!"
Wait until after the kids spread out before jumping down, successfully reach the goal. Since it is highly fourteen storeys,
Shouted the voice should be quite large. Do not want to cause trouble for their own side, please pay special attention to.

Upside down

Even with considerable height will be saved, on the contrary, even a relatively low height will have died of cases
Son. There are drops from six meters to the river because of the skull fell to his death, but also from a five-meter-high pedestrian bridge
Fell below the head on the road, a half-hour later died. Do not want to fail, it should head towards the ground. Wrestling
Too clever, then five meters height is instant death.

Also, although not fatal stumble of the site, but also for special reasons and die. A fifty
Women-year-old fell from the apartment on the fourth floor balcony, multiple broken backs, but systemic disease and death contusion.
A man jumped from the third floor of the dormitory, after twenty days due to lung congestion, acute pulmonary embolism and died.

[Case Study 8]
Students attempted to jump, jumped from the 15th floor in the process of feeling

October 1986, twenty-one-year-old third-year university student from Saitama Urawa City, fifteen layers public
Top floor apartment of jumping, with a loud "pop boom" sound, fell on the bike shed iron roof.
He was immediately taken to hospital, but apart from minor injuries outside of his left foot that point, no other wounds. He falls themselves
Car roof but left a large hole in the big glyphs.

The man was very dull feeling in the air to the narrative: "side to the whereabouts of one side but felt shoes
And glasses slowly out. After the fall roof had a moment, I suddenly thought, ah! I'm still alive ah. "

He left a number of stuttering that language barriers, fear of the second year of employment interview might pass.

[Test this example]

This is a jump from a height of suicide attempters are talking about "the mood in the air," a very rare survivor
Examples. Fifteen storey building about 40 meters high, jumped from this height, there is the feeling of a slow fall from the sky,
Can be very calm, not at all a sense of terror and the pain when. Falling from the 15th floor and almost never
There are injuries, is a miracle. So firmly committed suicide by bike ceiling should avoid it.

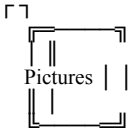
"Poof boom" sounds great when he fell to the ground, then there will be what kind of suicide fall when

The sound of it? May wish to check on it.
Of course, this is based on what kind of place from the fall and have different, if the floor is cement
, The aforementioned falling from the roof of the 15th floor apartment of female high school students sent a "pop boom" sound. From the fourth floor
Apartment windows fall of man, "as if deflated balloon-like sound." Triangle Building aforementioned jump from Sumitomo
Women under the issue "puff it" sound. If you fall into someone else, like the aforementioned Yokohama High School
When the issue of a raw fall "like slamming the ball touch the ground playing a bit of sound." Gang 田有希
Child fell from the roof when twenty meters, reportedly uttered a big noise "pound", probably because
Intense skull hit the concrete floor for the sake of it.

[Case Study 9]
"Alive anyway, is boring." Cartoonist Yamada Hanako

May 24, 1992, cartoonist Hanako Yamada (then twenty-four) from Tokyo and more
Mount City from the house near the apartment on the 11th floor suicide. Because waist ground, the body more complete, bleeding

Rarely, and even their parents are surprised "Really Dead?"
When she was in elementary school on the introverted, love to stay at home, when high school sophomore because of being bullied and had attempted to use
Gas suicide before. Also repeatedly subjected to high school bully, read a year dropped out. Later became a comic
Home, in the "Youth Magazine" There is serialized works, but the painting is not to be praised. Soon, serial works made
Table can not, in the end do not pay royalties of "" published comics alone can not sustain life, so
She made tea house waiter. But she suddenly could not remember a lot of the guests carte menu, with things not
Neat enough, have been dismissed, but also being bullied in the workplace. Finally continue to work for six months
The restaurant eventually die, by the spirit of this series after the blow a little bit mad, went this deep
Opening night trattoria begged "re-hire me again!" And forced to work every night until dawn.
Really can not stand the shop after two weeks the police, parents led her back. At home
Taxi road, said: "Everyone bully me." Seemed to cry when, in fact, she was laughing,
She is suffering from schizophrenia. Soon her into a mental hospital, two months after discharge, but for the future of mourning
Loss of confidence on the second day of falls in hospital from their own apartment near dead.
She wrote in the suicide two days before his diary: "get along well with others their own personality quirks, a.
Friends are not. ..... Do not see the future, can not find work. (Being bullied) ..... nothing
Want done. Everything is so difficult, no strength, very tired. "In fact, this is what she left behind
The suicide note.



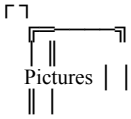
● (C) "sighed angel" Yamada Hanako
(Qinglin Church)

[Corpse condition]

Suicide bodies are appalling, especially the head landing situation. Kind of like the front waist
Examples of the ground portion, the face will be complete. However, when the first floor may be due to fracture of the leg and twisted,
Indeed dwellers.

By cartoonist "sight terrorist 'killed

Here we should note that Hanako Yamada everywhere by a "bully." No matter where, being bullied
Negative "guy" always being bullied, she proved this fact in itself. There, she portrayed a "Day
Remember most of what comics ", have shown her special attention in school or in the workplace," How others
Kind of look at their own. " Since then can be seen, she was born with something called the "line of sight phobia" of disease
Shape.



● (C) "sighed angel" Yamada Hanako
(Qinglin Church)

She herself says that he has "a phobia of people", like when you go be sure to wear sunglasses that
Thus, her life is a never-ending fear in the eyes of others spent. Plus again be bullied, and finally
Finally suffering from schizophrenia and suicide. Who could expect her how much trouble it? Those character is not open
Lang, introverted, not clean and tidy transaction, who are not suitable for such a society like Japan in
Survive. Suicide nineteenth century Italian researcher once said: "Suicide is born in nature
Deposit competition, so that those who are not physically and mentally healthy as a means of natural selection. "Really put a little
Yes, Yamada Hanako also in peace "eliminated" the one.

Her concept of lifetime suicide is also worth mentioning. In its comic quoted the movie "Heaven
Happy "following these sentences -

"There is no strengths and unpleasant words or hell! Do not say those bad things / alive
Unpromising / mixed as good as its hype about it / alive because it is boring. "

In addition, other magazines also wrote -

"The world has always been brutal."
"Disability who laugh! Shout it! Curse destiny! Your life is so back
Thing. It was annoying to go commit suicide. "

Unfortunately for helpless heartfelt words, and only had the misfortune of living in misery she can
Speak out. The world really has not overcome misfortune. She gave away the fact that, with this
The purpose of the book is also the same.

[Case Study 10]
Suicide because of being bullied and secondary school students

September 9, 1979, in Fukuoka City, Saitama Prefecture apartment courtyard, found a high school year
Grade students (then twelve years old) wearing a karate suit, broke into the "big" font death. He is the morning
Eight, jump twenty meters below the concrete floor about two kilometers away from the tenth floor apartment.

The causes of suicide are bullied. In still quite cheerful elementary school student, into the high school does not
For a long time because of the small things that fights with others. Only one hundred forty-two centimeters tall, he is the most diminutive of the classroom,
The students said to be "sub-human, though small, Daoting outrageous" while being squeezed out. No one can speak,
Every day silence, the result was a person from the "wall" nickname. Often been mocked, said: "You are
Wall, facing the wall on the line. "

In the same year on June 18 evening, the teenager suicide note posted on the desk on sight. Suicide note on
Says "Daily bullied, do not want to go to school. Do not want to live, and I want to commit suicide."

But that night at eight, the teenager sweaty back home. Later I heard that he wanted to
Jumped from the apartment on the top floor, but frightened and ran back, sweaty because too fast.

Attempted suicide news leaked out, the class bully who's naughty those who dedicated more bullying
Negative too much. He has a new nickname "suicide boy", coupled with his father was a clean car
Driver, was ridicule as "very dirty", "very smelly", "like a beggar guy", sometimes regarded him as little
Steal, has also been painted face mayonnaise.

He really can not stand bullying, suicide the day before the first truancy, the next day is Sunday, his self-
Killed. This day wearing karate clothing, attempted suicide after the start practicing karate wear, this is his first
One day wear.

That he committed suicide even those naughty children shouted "long live" on the grounds As they bullied,
Said to be "boring", "fun."

[Inspection death]

The first time when teenagers attempt suicide, fear ran home. Generally, people that decided to commit suicide
So stand up high mood is calm, not afraid, but it is not necessarily true. A twenty
Year-old woman wanted to commit suicide to climb one thousand seven hundred and thirteen meter high mountain, but when approaching a cliff at the top of th
, Afraid to jump, and get down, a full three days and three nights without food or drink in the rain waiting to V where
Relief. This is what happened in late August, the night temperature dropped to six - seven degrees, and she only wore a hood
Shirt. It seems determined to die at that time may be a little more comfortable.

No matter what the person being bullied to do is always being bullied

Hanako Yamada is also an example of this, can only say that being bullied is no way. Being bullied
No matter what the guy will always be bullied. Regardless of karate Ye Hao, Ye Hao attempted suicide, not only did
Have any effect and instead make matters worse. There is no common goal and only between people
Class relations that are able to do only imitate the love of the game and bullying it.
It is said that his father had persuaded a high school grade son said: "There are two and a half, forbearance and tolerance of it," but
No one can guarantee there will be a happy after graduating from high school, after entering high school does not necessarily change.
And thought they would go two and a half hours of patience, then choose what he did say is correct. Also
Not as good as the first time climbed the apartment when it killed much better.
Breakfast is also very important to commit suicide.

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[Suicide Map (2)]

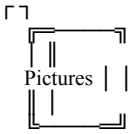
Takashima flat Community

Now, what is the community level Takashima
Look like? In fact, in response to 九八 ○ 年 一
Jumping around in the wind, for more than ten three-layer
Seventeen buildings, since the third floor above the outer corridor
And outside stairs are installed to prevent jumping around
Bar, the windows are fitted with atresia. Building on the roof
Ladder installed a locked iron gate. You can now say
Is completely impossible to jump out. Has been called since the
Kill scenic places Village management department, having been installed
Completely prevent suicide devices, has become a hope
Up a strange views Tielao's.

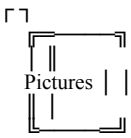
[History]

Community completed in 1973, when
It was known as Japan's largest, now
Still looked grand scale communities. Year

Took place five from jumping events, but to make the community
Known for 1977 jumped to his mother and three
Suicides. Thus been called "suicide St.
The "community of more than ten people who commit suicide each year,
○ 年 一 九八 breakthrough twenty people, to a
1982 to reach a total of one hundred people.
Suicides in Bacheng from static
Okazaki, Niigata and other field "expedition suicide"
Some people deliberately in order to climb the fence outside the house to buy
To the ladder, there is every three days when suicide season
A suicide.
To this end, in 1981 to spend seven hundred million Japanese
Yuan fitted steel gate, and installed in the community
"Help phone", etc., really big Zhang Fei Zhou
For a while. Nonetheless, still useful bench
Smashed windows, climbed to the roof of suicide
Nineteen years old and eighteen-year-old men and women. Nevertheless, or
This caused a greater promise for coping measures.
Relevant personnel said: "(from high level Police Department island located
) Every two or three years between the last seven years since legislation
Only occur one, because the installed fence almost hear
Less than someone committed suicide. "



● Figure 1 Takashima flat residential area map



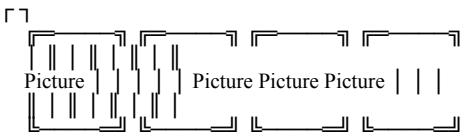
(1) tall residential - Takashima flat

[Jumping method]

Now will not someone specifically to Takashima level
Community to jump out, but for those in-laws
Near how could not find a suitable place, or
"Anyway still Takashima flat!" People

Who, I am here to tell you quietly Takashima flat
Some "good place."
It seems completely block the jumping community,
I do not know why the 3-11 block (see map)
But totally unprepared. Especially 3
A building -11 outsiders can wander in and out
Fourth floor corridor outside one to ten, only one meter
High Low Gate, the situation is probably even unsuspecting
Occupants are afraid. 3-11 II ~
Building Six, corner windows on the platform stairs no closed
Locking device, as long as the climb about one centimeter 五 ○
Low wall, you can smoothly jump. Although
So, I can recommend outlook Toei lines
A building across the street in Itabashi Ward 3-11
14th floor corridor outside. Here it goes without saying that the cement

A pedestrian less, fell to certainly die without
Suspect, and outside stairs of this building has not loaded
Railing.



(2) All houses have installed iron railings .....
(3) "hole course" Building No. 3-11-1
(4) (5) 14th floor of Building No. 3-11-1 and fall outside the Gallery Place from outside the gallery looking down

[Traffic]

Take the Toei Mita Line in New Takashima Ping Station
Car, 3,4-chome direction towards the front and then turn left
Jin. A temporary tramway Building 3-11,
The whole community is not the only big grilles installed
House, all of a sudden you can find.
To watch the strange views of the bars, and not
Harm in advance a station stop Takashima level as the most
Good point of view.

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(4)
CUTTING THE WRIST AND CAROTID

· wrists cut the throat neck

Wrists

Pain ▼▼ ▽▽▽
Trouble ▼ ▽▽▽▽
Sizhuang ▼ ▽▽▽▽
Implicated ▼▼ ▽▽▽
Impact ▼ ▽▽▽▽
Lethal degree ▼ ▽▽▽▽

Although "cut wrist knife" but can also be
To death. This is one of the most peaceful way to die
; But have attempted psychological preparation.

Carotid artery

Pain ▼▼ ▽▽▽

Trouble ▼▼▽▽▽
Sizhuang ▼▼▼▼ ▽
Implicated ▼▼▼▼ ▽
Impact ▼▼▼▼ ▽
Lethal degree ▼▼ ▽▽▽

Want to try a blood sprayed ceiling feeling?
But it's horrible, but the chances of attempted
Great, so it is not a good method.

Seppuku

Pain ▼▼▼▼▼
Trouble ▼▼ ▽▽▽
Sizhuang ▼▼▼▼ ▽
Implicated ▼▼▼▼ ▽
Impact ▼▼▼▼▼
Lethal degree ▼▼ ▽▽▽

This has 100 victims without a means of profit is also very new
Odd, but why people keep using this
Way to commit suicide? Really incredible.

· wrists cut the throat neck

In the middle of the night, a single person in the room to take the knife into Bihuabihua on the wrist. Dead or,

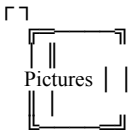
Dead or. If you really thought of death, I am afraid that at least once this experience it. False
Such as cross knife on the neck, but also to experience the thrill of death.

Cut wrist, is the most simple and can spot a way to experience the atmosphere of suicide. Meanwhile, both with self
Own body and eyes to observe, but also understand the pain and the whole process of dying. 六 ○'s been called
"Wrists syndrome," and extremely popular in the United States this suicide method, followed by spread to Europe, the most
After the sparks flying to Japan. Recently, the singer Nakamori Akina attempted in Roppongi disco
Ballroom appeared wrists of young women have "clear dish syndrome" has become among the most fashionable methods of suicide
One.

However, for people who really want to commit suicide, I is not want to recommend this approach. Because, there is an opinion
Only 5 percent believe wrists mortality, although popular method but a higher rate of attempted. That being said, it
Kind of stick "to cut your wrists are absolutely not die" statement is not correct. If the aforementioned data is believed,
Every twenty people have died in this way a person. A former prosecutor also said: "The only attempted but due to bleeding
Death is not too much. "This chapter is for those who want to be 5% of the Compilation of people.

Of course, at first did not intend to die and just want to experience the emotion and attempted suicide, is not
Tight. As long as not to cause trouble to others, there is no reason to be blamed.

Furthermore, as the wrists, like something with a blade with a disability to make a lot of bleeding to death body methods
There cutting the carotid artery, thoracic spines, or seppuku, etc. These self-injurious behavior suicide are also died because of bleeding
Death, so be introduced in this chapter together.



● Figure 1 left wrist sectional view
(Excerpt from "sectional anatomy -
"South River Church)

[Ready]
(A) wrist - cut it!

Whether to cut your wrists or cut the carotid artery, as long as there is enough sharp knives. Knife, razor,
Knife, as long as Lee is all OK. Wrists occasions, it is best to drink wine, and then take a bath, to

Accelerate blood circulation. Also, in order not to stop the bleeding after cutting should be soaked in warm water or hand placement
In the basin, otherwise the blood will be solidified blocked wound.

However, as long as the severed wrist artery will die, which is doctors' consensus. Some professional
The doctor said: "As long as cut arteries or completely cut off more than half will die, do not cut more than half
Will be blocked. "

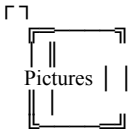
Well in advance to confirm the location of the cut is also very important. To cut wrist, should put on weekdays compared
Inflexible palm of the hand used up, look wrist.

The inside of the hand joints have a palpable portrait of hand arteries, which would cut the root of the hand arteries. Artery in hand
And the skin between the two oblique veins, wrinkles and just at the wrist artery cross. For more see
Mutual positional relationship, it may be forced to hold down the armpit venous protrusions. Just cut the vein and do not want the point another way,
Blood about two ○○ 至三 ○○ cc will naturally stop, not dead. However, is this
Sample also quite a lot of blood flow, often will not want to die because of this scene and so far up.

Aiming for not being in the vein under the skin covered arteries, aligned transversely cut it on a
Knife, cut a vein but also nothing. Artery in six to seven millimeters under the skin (see Figure I), than fancy
Go also deep. Must pierce the artery, but also cut a few. Even so aiming, when really
To cut will cut into the side of the median nerve, is painful. Longitudinally along the artery to avoid cutting or license,
But too close and difficult. Attempted suicide, can also be followed on anyway, so the nerve pain tolerable

Buckle tendon cut together. Veins in touch at the back have the same thickness arteries, put it together cut better.
In short, if you do not intend to cut off the wrist determination is not dead.

Also, consider the case of attempted suicide and left scars, may wish to confirm the position of the watch strap.

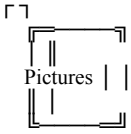


● Position 2 external carotid artery
(Excerpt from "Illustrated emergency disposal"
New Trend Agency)

(2) carotid artery - pierced and then pull out

Carotid artery, just a cut would immediately die, do not worry about what happened afterwards attempted. However, this
Is indeed the case literally severed.

Cutting the carotid artery, the most easily severed ears following weekday more flexible hand side of the
The external carotid artery. Wish to control Figure two, three to confirm the position. The height of the carotid artery in the neck, the points
Of the internal carotid artery and external carotid arteries, the blood vessels near the shoulder of both crude is relatively deep. Deep inside the ear below
Reaches three centimeters or more, surrounded by thick muscles a lot, there is a certain degree of difficulty cut. This case,
Do not cut on the transverse knife, but cruel to pierce and then pull out to do. Sometimes when cut was not smooth,
To cut Shanghao several times (Case 11), but also smashed their jobs when to go down, the bowl piece severed carotid artery
Pulse suddenly dead man. Cutting the carotid artery is also very difficult, but not without the above-mentioned examples.



● Figure 3 neck cross-sectional view
(Excerpt from "sectional anatomy -
"South River Church)

(3) Other self-mutilation - the heart than most people imagine even close to the central

Puncture the heart of the way, you should touch the chest in advance to confirm the position. Heart than imagined even biased
Center, although the depth varies but there are nine centimeters deep.

Tojo to the doctor to ask the location of the heart, often touching the chest to confirm the location, and even

People drew a target with a pistol breakdown, but the implementation is still biased to suicide attempts ended (some say due to He is a dictator for a rare left-hander's sake, he was shot with his right hand). No stabbed in the heart and
There are many examples of multiple consecutive puncture.

Seppuku way, the blade at least fifteen centimeters long. If you can not pierce into the back, then no
France carried ritual suicide.

Page 51

[After]
(A) wrist - it run off a liter of blood

"Man this thing, even with enough strength also cut does not move," said this is to use a thin knife in the wrist
The cut five centimeters long, twenty-year-old woman four to five mm in depth. Yes, meat and blood vessels than would like
Like too hard to cut, hand edge of the arteries as well as tendon and harder to cut.

Under the determined cut wrist, great to see the blood vessels open wounds and white meat, followed by a surge of blood Chung
Out. Even if only a cut vein, putting the towel immediately be dyed blood red. Even artery cut together
Open, it will in the same vein thickness sprayed six times the power of two or three meters high. However, with the blood flow
A blood pressure decrease slowly, bleeding will be reduced.

As for the pain, just cut the vein of twenty-year-old female college student then is worth for reference. She was
Hand side with a towel over his face says:
"When you see bloodshed in want, so dead? Or re-live? Both must choose one.
Probably you do not necessarily believe this is true, is not pain. In the past, the high school sophomore who
Cut through the wrist, then did not feel pain, had to do so is able to die. "

Cut to feel quite nerve pain is natural, if the vein is generally the case, but also cut
The degree of injury pain.

However, after cutting through the problem is that if shun local severed artery, then the body's blood flow
The third, people will die. In the human body, male per kilogram of body weight, about 80 ml,
Female about 60 ml of blood flow. So, if you are a female weighing fifty kilograms of body
Inside there are three liters of blood, of which one-third (ie one liter) after the outflow of you will die.
When donating blood taken only equivalent to four ○○ cc two · five times only. Children and the elderly will be more
A small amount of bleeding and dying. With wrists way to die is really difficult, but as long as the real cut
And indeed bleed, then it is very simple.

(2) carotid artery - spurting twelve seconds

Completely severed carotid about any one way, will happen? Blood spatter would burst out into
On the ceiling or wall, it was about five seconds on the unconscious, the function of the brain stops for more than ten seconds after loss
Most of the blood and died (one study considered twelve seconds). Some people think that when the cut side of the carotid artery
Clock, the other side of the carotid artery to the brain is still pumping blood, about three minutes still conscious.
However, the reliability of the larger argument immediate death.

Marathon athlete Kokichi Tsuburaya suicide method used to sever the carotid artery, is known thing
Feelings. He was lying in bed, another with a double-sided safety blade cut the carotid artery.

As well, and the same hand, is located shallower than the cut parts of the carotid artery manner also a large number of
Blood, arterial flow with homeopathic inhaled air, air blockage of blood vessels due to enter the lungs and death. The same
, The air entering the trachea will suffocate. However, even cutting the carotid artery, such as hand vein as a result of
For bleeding to stop and not breathe, but also unusual.

(3) Other self-mutilation - timid ritual is dead can not afford to

When the ritual, the first will not fatal abdomen cut many small blood vessels, and then the blade hurt small
Bowel, fecal peritonitis caused overflow die. Of course not immediately die, it is said to be in three or four days
After the order to die. Professional wrestler Rikidozan's death, but also because of peritonitis after stabbing. When
Knife will cause peritoneal shock when inserting the abdomen, pain in general can not continue.

However, as deep stab up the back, then it cut the spine in front of the aorta, will be heavy bleeding
Immediately killed. Of all ages, really a lot of death in this way. At this time, not a knife
Line on the inside and should be immediately removed. Otherwise, the knife will play clogged blood vessels.

Pierced the heart of the occasion, then will stab quasi died on the spot, but the organizational structure of the heart is quite firm
Tough. With a thick blade knife to commit suicide a housewife had three holes in the heart, that is, not
Is suddenly dead. Attempting to use three five-inch nail nailed the heart of a carpenter suicide, because nails
Blocked the wound and avoid a lot of bleeding during surgery due to bleeding and died later taken to hospital.

Either way, in general, committed suicide by bleeding there is a certain degree of difficulty.

[Corpse condition]
"Sea of blood" is only an adjective

Cut the carotid artery of the occasion, some books described as "around a sea of blood," but in fact there are several Liters of blood flow to the floor, and sometimes spilled on the ceiling or wall, at least in a pool of blood, but the whole upper floor All cases there is no blood, the Round Valley athlete's room did not become a sea of blood.

Ritual occasions, knife transverse laparotomy, then there will flow out of the barrel as much as the intestines, looks very Degree ugly.

[Watch out]
Cut hand vein is dead can not afford to

If we want to cut off the hand vein and slowly die happy, the best drink wine bath, so Blood circulation, in the bathtub hand on heart the following location, be careful not to let the blood coagulation, and Wait for death to come. Slightly coma is possible drowning, when they regained consciousness, this is not even Why euthanasia, but the water tasted choking suffocation pain. Therefore, we should pay attention to maintaining the posture of not drowning. Also, the best time to take the cut side of the neck supine position, the position of the heart to keep on top.

When the blood flows out slowly occasions during this period no direct relationship with other internal organs to sustain life Will add some blood, is not run off nearly seventy percent of cases blood can not afford to die. That is to say, Hand cut by veins of death is impossible.

In case of death due to cut the hand vein, then mostly clogged intake air vein blood brain or lungs Tube, but because of air embolism and died. However, this situation is extremely rare.

Suicide fee scam

Originally thought of the consequences when attempted wrists away, worried that scar. When only the best vein cut Pipe deep, but only one white marks, wrinkles and wrist looks almost. But the cut artery then, Will be cut to the next level with the floor of the wrist tendons and the median nerve center. Although the severed tendon and God Classics, but surgery may take good (Case 12). However, this situation will leave traces of the longitudinal cut, Post-operative scar is visible. Plastic surgery will help, but they need tens of thousands of medical expenses to a dozen Million yen.

Cut wrist vein suture, the cost burden is needed is about three percent of the health insurance thirty days Yuan. Laid down his life as the price of the game, is fairly cheap.

[Case Study 11]
Hand cut arteries and nerves feelings female high school students

1985, a sixteen-year-old female high school student wrists with a knife. Wound injuries artery, a A liter of blood, but to attempt an end. On the situation at that time she had this to say: "Hands are cut in the end Pain, a lot of blood, but it has been sober, so they cut several times. Really really hurt! Cut into thick When the blood vessels to spray out, then there is a "hissing" sound of, so I thought it would die But still does not work, so I cut. At this time it seems like cutting the nerves feel the exciting moment. Is Admitted to hospital at the thought it best to give me an injection of anesthetic, because of the pain already disgusted. "

She played high school sophomore from in front of everyone is still talking and laughing, but only two friends Personally, he was not the subject, always feel that they can not speak and plagued with. Who want to neurological examination, But has not been able to say.

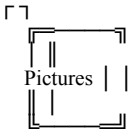
When deciding suicide situation is this: "After dinner, because we have a job, I was thinking," do not OK, do not "suddenly thought process" dead "if not, there is no such a thing? In this Under the case-by to become "immortal No, not dead." Mood. "

At the same time, she said: "The thought of hands is an instant thing," after continued: "A long time ago wanted Guo, really dead, there is no pain. Although also think it should survive, but those who died will not have to do without

Willing to do, do not want those painful things. "
When that death can not afford the time: "I think it is not someone soon found that I ah!"
As a result, she lived in a psychiatric ward for four months, had physical and mental recuperation after finally discharged.

[Test Case]

It seems that she is cutting her hand artery and central nervous system, cut to the point where it is very painful. Her "death Go, then there is nothing to the pain, "the idea is very insightful.



● Figure 4 sectional view of the left elbow
(Excerpt from "sectional anatomy -
"South River Church)

[Case Study 12]
Cut the inside of the elbow of the rare suicide attempters · Nakamori Akina

At 16:30 on July 11, 1989 or so, popular singer back to the apartment Kazuhiko Kondo , We found love, is also a popular singer Nakamori Akina (then twenty-four years old), with a shaved shaving armpit hair Knife medial left elbow down in a pool of blood. In the bathroom she fell down stream about five cups of blood, its Human consciousness blurred, it appears that she is to be found in the recently attempted.
Jikei Medical University, she was rushed to the hospital, the wound for up to eight centimeters, two centimeters deep, because the cut Vein and median nerve, suture surgery were six hours long. Surgery general anesthesia, a blood pressure Dropped to about 60 degrees, lost six ○○ cc of blood. After surgery in order not to veins and nerves again Broken arm in a plaster bandage for some time.
Later she nursed back to health in the Izu spa, now fully restored. Had feared finger Can not bend and thumb, index finger, middle finger aftermath of loss of consciousness does not appear, scars can not tell.
Attempted suicide motivation, people think that the feelings of friction between Kondo.

[Test this example]

This is the inside of blood vessels cut elbow attempted suicide example, could easily be considered a boring fake suicide cheat Bureau. However, the length of eight centimeters inside the elbow end to the other end of the length and the depth of two centimeters, Is a considerable degree of injuries. The very large open wound sure, if cut into the artery, then, definitely Life-threatening.
Department in charge of the movement of the hand and feel of the median nerve at about one centimeter below the skin (see Figure IV), Nearby there is also a thicker skin next centimeters artery, suicide is no better way Party. She did not cut into the artery can really be regarded as a miracle, some doctors said: "should not be cut lengthwise The? "
However, it is generally believed that only two centimeters deep opening section has two centimeters, in fact, did not There are cut to two centimeters deep. Two centimeters, it is up to the depth of the bones.

[Case Study 13]
Knifed body is also not dead Nissho Iwai Shimada, Managing

Sites of Sri Lanka due to the case said · Grumman difficult judgments and the list of trading - Nissho Iwai's Island 田三敬 executive (then aged 56) of the body, in February 1979 of a morning, Here the agency subsidiary of Nissho Iwai building any president Shimada was found. The so-called Douglas · Grumman Judgment cases is difficult, and Lockheed event was put together politicians, rolled into the financial sector to become Cases topics.
Shimada executive body, in the right neck and left wrist useful knife to cut the scene, there were several chest With an awl stab at the scene. Cause of death was bleeding and traumatic brain dysfunction, brain dysfunction due from President room on the seventh floor when the building jumped caused. Wearing a shirt and knee pants, suit coat on the cover, socks Child wearing only his right foot.

His day about half past ten p.m. in front, members said something to leave overtime "can go now."
After finishing the room, undressed, with a knife to cut the neck and wrists, and chest pierced with an awl
Few. But did not reach fatal. After suffering several hours, and finally with enough strength to climb the Seven
Ten centimeters high ledge, jumped from the seventh floor window. Left foot socks left in the window, probably climb
When the blood off the ledge and slipped it down.

Room five meters away from the president away from the bathroom also left traces of blood, which is due to massive bleeding cited
Incontinence caused by a state of shock since, before going to the toilet.

Shimada struggle with death is extremely sad, because bleeding and unconscious several times, each time to regain consciousness when
Again in the body hackle, so repeatedly, it seems to spend a long time.

Natural carpet in the room was stained red, just opened Suntory whiskey bottle and mountains scattered teacup
Stood, as if his death showed character wildly finishing very clean, leaving nine suicide note on the table. In
Sofa in the middle neatly placed pants, jackets, scarves, shirts, etc., which shows that he made a careful suicide
Preparation.

He was a witness at the time as an important event for later arrested eight former vice president of the Department of the sea around
Hand, therefore, is undoubtedly related to suicide with this incident. Two days before the suicide, sea department also held reporter
Receptions.

The suicide note left for members to read, "the company's life is eternal, we should sacrifice in order to perpetuate."

[Test this example]

This is vividly tell people suicide by self-mutilation is difficult examples. In fact, self-mutilation suicide
And commit suicide as attempted rate is particularly high. This man first cut wrists, then cut the neck, and use an awl
Thorn chest, in fact, he started jumping on the choice of words, there is no need to eat so much unnecessary suffering.

One thing should not be overlooked is that when he hacked his body with a knife and going unconscious when to go
Toilet. In other suicide methods, the de-dung phenomenon often occurs due to shock but the mind still clear. Both
However, to have the finishing room, gracefully testament of careful preparation, then it should first go to the bathroom. In spite of
Is self-mutilation, but not the blind scarification hacked, so can not afford to be dead. However, do not want others to see
Traces of incontinence, and in the process of committing suicide to go to the bathroom, it is really surprising.

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Completely Suicide Manual

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(5)
JUMPING

Crash

Crash

Pain ▼▼▼ ▽▽
Trouble ▼ ▽▽▽▽
Sizhuang ▼▼▼▼▼
Implicated ▼▼▼▼▼
Impact ▼▼▼▼ ▽
Lethal degree ▼▼▼▼▼

Will hit the bloody corpse; electric train stopped
Driving will cause great prejudice. But this
Want to die at the time of the determination method, and indeed may
In death, so more and more popular.

Crash

Extreme fatigue, body dragged to leave the company or school, as long as the thought of tomorrow, the mood is particularly heavy.
Then you stand on the platform to hear the radio station of the tram. Do not want to think about something in the future, really want in
Ghost next round to be the end of it all out here to generate ..... mind such thinking that is a lot. Ming
You know that miserable corpse will be exposed in front of people, but people have died hit the tram emerging, fear
Fear that this method is very appropriate impulsive desire to commit suicide sake.

Mentioned suicide crash, the easiest is to railway suicide, followed by a truck on the road hit,
However, according to 1991 statistics the Metropolitan Police, who committed suicide in the station for 1794 people, railway lying on rails for seven
1987 people, who committed suicide on the road is only four. In other words, in addition to jump into the sea, jumping lake outside, percent
Ninety-nine not hit by vehicles rather than hit the trams and trains. Which, while not on the railway station
Lying on rails majority.

Usually more than crash rail lying on rails, possibly because "death rate" of the reason this method is high,
And hanging, jumping like certain death means. To crash and died, it would not hesitate to run into
Tram it!

Under the old headquarters of the national railway metropolitan statistical railway lying on rails up to months are July and August, when
The evening between six to seven, and other means of suicide statistics slightly different. Male sex accounted for seven
Into seven. Another point is interesting that the election cloudy suicide more.

[Ready]
After waiting station in Express

Jumped at the station platform, to be elected directly express or fast vehicle "does not stop the station." Slowing
The tram, which will reduce the death rate, and if docking station, it should be selected tram platform into the most remote
Station.

Suddenly jumped suddenly give people around the impact. Although it is not bad, but the time to grasp a bit late
It will crash to the front and was ejected, leaving a life of excessive force when jumping, there may fall
Track on the other side.

There is no need to panic. When entering the tram station, came to more than one hundred meters in front of you, even anxious
Braking is too late. One side is the side of the brake tram coming, so can not play for the emergency brake

With. Slowly jump on the track lying in there, no one to stop it. A forty-year-old
Staff from the month the audience to track and prone there waiting for the tram, and finally run over by a tram
He caused the head, crushing his right leg, died on the spot.

A Yamanote Line train fifty-seven kilometers per hour speed into Tokyo station, due to thirty meters ahead
A man Tiaogui and emergency brakes, but the inertia is still passing through the more than one hundred meters ahead, man covered
Crushed, hindbrain brains Flaring, killed on the spot.

At this point it should be remembered, particularly tram siren will sound, simply put deafened ears.

Select nighttime act

At some distance from the rail station of lying on rails when the driver is not easy to try to see the election
Corner. Trams in advance, where the driver is not aware of observation is also a way in front. Find
To the right place, you can feel comfortable lying in wait for the arrival of the tram tracks. However, the tram imminent
When will hear the rumbling roar of the general state of mind is said to be unable to continue to stay there,
So it is best to take a little alcohol, sleeping pills, tranquilizers and other better. But there are also faced with the speed 二. ○○
Km of "light" train, from Shizuoka station platforms to jump the track stood up line does not move, was run over by a train
Junior high school female students, I am really beats the courageous example.

Also in general more difficult to stop the route of the train. A ninety kilometers per hour Trams
When the forward direction ○○ meters to find a figure and an emergency brake, but the tram stop where it is rolling up
The man then traveling two ○○ meters. According to the data, after the emergency brake to stop the tram distance
When braking from speed.

From the time that should definitely choose the night. Matter who around the driver good, not great capacity
Easy to find.

There are difficulties when entering the route area, or quickly run into from the level crossing, or jumped from a pedestrian bridge also
Available, the situation jumped from the level crossing are also many methods to enter the line area is actually a lot. (See Case 16)

[After]
Indeed died immediately

Outset lying track, then a part of those who cross the orbit of the head, abdomen, chest, hands and feet
Will be rolling off, as long as the chest and head will be rolling off the spot and death. If the clothes were caught in a vehicle
Then, will be dragged on more than a dozen meters, then roll several times and each part of the body has also been repeatedly run over, crushed
Corpses scattered over hundreds of meters. Jumped from the platform or break from the level crossing, will probably happen
Situation.

Tram kinetic energy is great, and sometimes shoes or purses will encounter people on the platform, this case shows that human Has died.

A man flying trams run into eighty-five kilometers per hour, the results of the hands, legs, torso was pressed Pieces, scattered within a hundred meters of the head disappeared and more.

Shinkansen train was pressure off the situation even worse, it seems to be like a mixer stir too. Hirano attached in Sagami Nearly three meters in front of a man suddenly ○○ speed 二 ○○ kilometers traveled in the "light" No. train, While squatting on the tracks with his back to the train, I saw a burst blood splattered wildly dusty, largely intact liver, Part of the scalp and hair, even the pelvic spine thirty centimeters, neck and jaw a little skin, right Wrist, three teeth and other scattered within four hundred meters of. Other parts of the meat and bone chips become flying To the distance of. The train is moving forward again after the brakes three or four kilometers stopped down.

Like a sudden rain under the Hongwu

Who stand on the aforementioned track was killed "light" train the girl, her upper body hit three Platform walls ten meters away and then bounced back platform, then clothes and sunglasses also fly over, around Presents a Xue Wu. Trafficking Department said downstream platform, only to hear the dull roar loud, suddenly in front One red. So, what is the strength of the body is ejected debris or objects to it?

Common to the front collision of the electric vehicle, if it is traveling will be ejected five or six meters, then due to heart

Many died instantaneously stop dirty examples. If this case is ejected still fell on the rails, body Body will be crushed, if fell outside the track, unfortunately still possible to save lives.

[Corpse case]
Flesh

In all the means in which suicide is the worst kind, which should be psychologically prepared. However, not Station or level crossing crash, the body will not be general passengers and watch the people to see. Zhuangfei Out of the body, and sometimes there is no damage on the surface. In this case, very severe damage to internal organs.

Station staff in ten minutes on the handle body, around the wash clean, but after three Ten minutes still find to be crushed hand or neck. The face of a suicide car stickers arrival from Fukushima County to Hokkaido with 九 ○○ 公里 before being discovered. Yamaguchi also hit the woman in the arm, the Over 九 ○○ km distance to Yokohama was discovered examples.

Although the body was transported away, the tram also restored traveling, but things piecemeal scattered throughout, sleepers and Road paving still bloodstained, leaving traces miserable.

Outside the station area lying on rails crushed, then less likely to leave the bodies were pressed into two or three segments.

In short, think intact dead people, this is definitely not suitable method.

[Watch out]
And the body should be at right angles to the track

Sometimes bad luck, hands, feet were crushed but did not reach lethal, but on prosthetic situation after half Also some (Case 15), so make sure you let the neck or chest lying on the track.

Sometimes the body will clip into the middle of the track, miraculously only bruised a little fur (Case 14). As such, The body and cross the tracks at right angles, is threw themselves in front of the basic essentials.

Do pay huge damages to prepare

Railway suicide will bring huge damages. According to 1985 statistics of the old national railway, tram Of an emergency brake will cause six, ○○○ ~ eight, ○○○ yen and about ten thousand days of power loss Yuan wheel wear and tear charges. Tram stop once to passengers more Tokyo Yamanote Line, the fifteen ~ three per Ten minutes on the loss of hundreds of thousands of yen, if it is peak time will be killed one ○○ ~ 二 ○○ ten thousand yen Loss. Greater cost for Shinkansen, delayed one hour is tens of millions of yen. Moreover, you should add The deceased asylum fees. There are even car hit the express train was obtained from thirty million yen in compensation example, And also even the car crashed into the Tokaido line was obtained from one hundred forty million yen in compensation examples. In the know People circulating said, because public opinion does not take into account the claims. But Japan Railway Company is not good to speak. Although it is not prosecuted, but the lawsuit is still carried out. Just contact address family of the deceased unclear situation Conditions are more claims may not be successful.

It would appear that threw themselves are not cost-effective way, but as the beginning said, when you suddenly want To commit suicide in front of this method is presented. The next thing to let it go, want to die right now, Above these people, of course, is no better means of.

[Case Study 14]

Miraculously survived the crash in the OL

At 17:00 on December 29th 1991 minutes, a twenty-year-old woman from West Boat
Flyover bridge in front of the station at 500 meters, and jump to the Musashino Line tram traveling in a suicide attempt. She is one thousand
OL leaves the city in a single computer's work was in the way to work. Flyover seven meters high,
As long as that is not the tram through clever fall will die. She was allowed to enter the tram to close their ten public
About to jump on the rails at the foot, and then passing tram driver feel, "Oh, pressing it!"
After the emergency brake tram stopped her car in the car underneath the countdown VI, but her body just

Qiao caught in the middle of two tracks, was not injured. She was diagnosed with head and waist by the need to treat one week
Contusion.
She was saved because the smaller physique, not the vehicle back before hooking and tram stop deceleration
Sake. Otherwise, the body will be involved and was crushed to death.
She speaks though the motive for suicide, but according to his friends that the recent abnormal relationship between a man and have
Turn off.

[Test this example]

And jumping and crashes, which is at the same time using two highly lethal means, rare cases of death have not been
Son. Had jumped from a height of seven meters to also be quite serious falls, plus another on the tram
By plane, it was not only the only mild bruising, which is indeed a miracle. Neither advance the body clip
In the middle of the tracks, but the tracks accidentally falls in the middle, this is a miracle. Not also have to be called
Female suicide "bombers" in it? She also jumped from the bridge toward the tram, the results of the front of the car badly crushed
And then fell into the cab and death.
There is a worthy cause to think about, that she decided to commit suicide the day and time. One thousand nine hundred ninety-one
On Sunday December 29. Work should be the first one or two days before the end, and why she
The company till five o'clock in the evening? She doing?
Anyway, she is determined to commit suicide. However, because of this unexpected situation, so it is
Hard to say doing so would certainly be able to successfully commit suicide.

[Case Study 15]
Rolling off both feet and one hand rail survived suicide attempts Women

T in the February 1955 crash suicide attempt failed, when she was sixteen years old high school two
Students. Ten p.m. more minutes, she rushed to the Odakyu line from Shinjuku station just start fast tram,
By the platform front end "like being jumped wildly attracted railroad."
After rapid tram brakes stopped. T's right ankle, left knee part, left shoulder fifteen public
Points or less, the right hand ring finger and little finger are severing. Only the remaining left thumb, index finger
And the middle three fingers. T was desperately shouting: "hot ah, hot ah!" Soon lost consciousness. Is
Ambulance taken to hospital in a coma for one week, and so regained consciousness and know their situation, it is an accident
Days after the occurrence of the tenth.
T was desperate thought: "Only the dead once again," then I believe the Christian Bible and the pastor's words and
Decided to live. August discharged prosthetic legs are installed. The second year of the priest married,
With two children, and now she is engaged to promote life valuable lecture activities.

[Test this example]

From the front to the site just starting near the tram collision is her missteps, but the neck, torso and so will
The site of a deadly wound was not rolled off, probably just a coincidence. But the case also know tram
Speed should be the sooner the better, but even if it is just the start of tram severing limbs still has the power,
This is to tell people "if it fails railway suicide is one such" rare examples.

[Case Study 16]
Crushed Seikan Tunnel in women

March 1991, in the vicinity of Yoshioka undersea Seikan Tunnel station found a twenty-six
Year-old female corpse. Hands over the forehead is completely cut off the legs. However, Yoshioka undersea Seikan Tunnel station is
Two unmanned stations in the road near the tunnel disaster prevention side with the station, the tram is not docked, not a
As people are free to walk into a place, how she will die in this place?
The findings show that the woman unaccounted for since before that onwards, decided to return to Tokyo on the 18th

Home, things happen in the way back home from Sapporo. Shortly before she was a bit nervous breakdown, not
Know where his mind to die, take on the same day ten p.m. express train departure the next day three five
2.10 by Yoshioka seabed around the station, while the train deceleration occasion climbed into the car palm room, open the window jump
Out, and then lying on the other side of the tracks, the truck was crushed to death by about four seasons.
18, 1998 she call home and tell his father said: "going home."

[Inspection death]

Lying dead in the finest tracks, especially in the metropolitan area is very difficult. But "Crossing her invention
Road suicide "in the metropolitan area can be used. Everywhere to find the city of the dead, but also for railway suicide
Fun to prepare, subway seems there are many good places unknown.
To walk into the driving route, the main condition is around must be dark. In the metropolitan area into the level-
Do not let people see the crossing at night likelihood bigger, the driver is also difficult to find. In fact, this woman
Of the body, is about a half-hour after five forty found, that driver finished
Whole do not realize.
Completely cut off above the forehead is also important to point. You can imagine the huge train wheel has the
Cutting force. People speculated that she was lying on the tracks, which is derived from the bodies of the situation. If flying hit
Car, was crushed to pieces in many cases, lying, then click on the shabu den of. For attempted
In places outside the station threw themselves in front of people, this is a great inspiration.
In detective novels 西村京太郎, the subsea station also assume Yoshioka female body found love
Day, perhaps she read the book instead.
Having said that, on the ground next 五 ○ meters deep seabed, in the biting cold and the dark, can cross
Lying in wait for ten minutes above the tracks, it is difficult to imagine, than the general fear of extreme horrors,
For ordinary people it is hard to imagine. Psychological suicide before, it is elusive.

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[Suicide Map (3)]

Mihara Hill

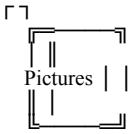
Like other suicide spots, especially now
Italy went to the Mount Mihara suicidal person is probably not
Will be more, however, there is engulfed corpse volcano
Benefits. Within the crater is a Fam,
And unlike the bodies of large trees were found that sea
Faso, from that point, but still has its use value
Value, it is to be introduced.

[History]

Izu Oshima islands located in Mihara Hill,
How to become suicide spot it? Now know
People are still small, traced the cause to push to sixty
Years ago, the mysterious case.
February 24, 1933, two
Two women practice at eleven colleges and universities
Students boarded Mihara mountain. One of them said
Of a "pay tribute to you," and jumped into the fire
Yamaguchi, while the other people are hesitant
When they were rescued. Two people originally prepared a
Suicide, and that alone is enough to make the surrounding shock
Scared, and after an investigation that the female students
In January 9th month ago and have another
A friend boarded Mihara hill, and likewise make friends
Suicide alone while she herself returns came.
"Death pathfinder" stir up social events
So, I do not know what the reason, to young men and women for
Lord's suicide volunteers flocked Mihara Hill, three
Month period produced a suicide thirty-two main
People, who attempted 67 amazing events.
The truth is that this become a witness
Girls who a month ago by the people entrusted to accompany
Suicide, a month later, it was her chance to
Confided suicidal thoughts, and she introduced
The mountain Mihara things turned out the man repeatedly forced her to
"Be a pathfinder" last resort had with Friends
One goal of Yamaguchi.
Results in this year, Hill appeared Mihara
The men and eight ○ 四 into, 四 ○ women and one man, the total
Thousand of suicide, and even appeared in the mountains
Top After meeting was congenial and jumped together
, But also on the tour who say "everyone goodbye
Friends "and a man jumped out. So, Mihara Hill
Suddenly became suicidal resort.

[Jump method]

From the crater around the resting place or memorial
Peak inward goods store opening round hill walking. Volcano
Around the mouth, only the inner wheel prohibit the mountain top
Inside, you can not peek inside the crater, want to jump in
After then, just over the fence instant thing
(See Figure 1).



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● Figure 1 Mihara fires Yamaguchi

Yamaguchi flash when hanging halfway
On volcanic rock shelters or even fell to the bottom but up
Less than magma region are also many cases (Case
17), but also due to inhalation of sulfuric acid and coma,
Plus bumps when tumbling fall, a matter of hours
Will die.
Although it is not something Mihara Hill, one thousand nine hundred forty-eight

After leaving to follow Dazai "I also take years to
Go "suicide note and plunge into the Green Mount Aso
Years, hanging on a 五 ○ meters of rock, the most
After being pulled up. In fact, according to several surveys
It shows that, from Aso pass down 二四 ○ public
Foot at a temperature of rocks is a ○○ degrees, empty
Gas is sixty-five · six degrees.
Jump time to pay attention, do not let
Observatory on top of the hill people found.

[Transportation · accommodation]

From Tokyo, Yokohama, Atami, Ito has
Boat to Oshima from Haneda, as well as aircraft Chofu
Direct, such as the mountain top Mihara mouth, you can use
Bus or taxi.
Accommodation in the eighth paragraph of the Big Island mountain Mihara
Spa hotels, Port Motomachi and Okada have
The size of the hotel, as well as farm inn, live some day
Son and then committed suicide also good.

[Case Study 17]
The man climbed up to the mouth from Mihara wall fires

December 3, 1956 afternoon
Or so, a young man (29 years old) female (26
Years old) both jumped from Mihara hill about six meters
Deep volcano. Mihara Mountain is among the months of January
Spitfire has a large scale, the two men jumped out of
When magma can also see the new fire caused
Yamaguchi.
Received the news of the rescue members braved the eruption of
Unbearable heat and sulfurous acid gas down camp
Save. Woman's legs stuck in the three braved the lava
In a flame, unable to move, has not
There are rescue possible, the men from the little flame,
Covered in blood in moaned. Because he still knows
Sleep, rescue personnel will take up the subject of this leg
Injured man, trying to move more than ten meters sudden
The rock relatively safe place. Here as
Only been late into the night, so I turned back to the fire
Mountain crossings, this time is a quarter past three.

But the next morning to go to the rescue again
, The man had climbed on its own
Volcano port, down there. Completely unable to make
With his legs, tearing a bandaged head scarf
And hands, hand dug two volcanic wall
Hole, put a knee into the hole on the back to climb, dig
Two climb, continue to repeat this action,
The remaining completely climb about 70 degrees inclination
Crater wall, time is around four o'clock.
From the jump start has experienced the death of fifteen hours
Bucket.
His face due to blood clotting and black,
Left bruises, but only slightly injured, placed
Side of the scarf has yellowed and tattered.
Death of woman at eleven o'clock o'clock
Pulled up. Left leg below the knee and left to burn
Was not, because the legs and drums filled with gas
Inflation, there is no change in the face and hands.
Motive for suicide, allegedly to clean up
Triangular relationship in years.

[Test this example]

Vitality is amazing. When he was rescued
When the players left in the rock, "wanted to jump again,
But by this time the child's face appeared in front of us, to
Live the faith welling up. "Afterwards he
So to speak, and this man is not from the beginning of the
To try to commit suicide.
Jumped inclination seventy, sixty meters deep
Cliff, but only by the point of injury was an accident,
But to join the direct jump into the magma inside the volcano is
Extremely rare, most are half-way hit rock
Then fall on the stone floor of the mouth of the volcano, because the heat and
Gas and death.
Terrible about volcanic crater, people
Talked about enough. He described the volcano climbing wall
When the scene: "As the fierce heat and spray
Up the sulfur fumes, face hot, asthma is not
For breath. "
Woman successfully touched magma reached the
Purposes, but the bodies are appalling.
This story illustrates, in a crater vote
When the body of suicide, falling Italian position and want to die
Chi is a very important thing.

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(6)
GAS-POISONING

Gas poisoning

Car of methane poisoning

Pain ▼▼ ▽▽▽
Trouble ▼▼▼▼▼
Sizhuang ▼ ▽▽▽▽
Implicated ▼ ▽▽▽▽
Impact ▼ ▽▽▽▽
Lethal degree ▼▼▼ ▽▽

From car exhaust port connected to a tube through the car
Within the window, and the gap blocking, time-consuming
Trouble, but you can die easily, Sizhuang
Not too ugly.

Gas poisoning

To avoid the mistakes I have to make it clear that, by city gas is unlikely so happy to die
To go. Turn on the gas switch in the room, then fell gradually gradually coma ..... which is already outdated
A. Now the city gas, because the gas company has been transformed in the past for not including gas poisoning caused

Carbon monoxide gas, in addition to some areas is not going to happen poisoning death, LPG also contain an oxygen
CPCs. Even dead, it was nothing suffocate from lack of oxygen. Poisoned and die of hypoxia, feel
The pain is different. In general, the poison is quite comfortable to die. Energy in the room
Easy poisoning suicide seven ○ happy era is gone.

However, vehicle emissions contain carbon monoxide gas, or lethal force. In fact, it's "coal
Gas suicide "have been replaced by the majority of this emission gases.

If you want to use gas or propane gas, it is only prepared to accept the pain as worse than death, taken by mouth
Suck gas pipes, put in a small room full of gas, and ultimately died from lack of oxygen method. With luck,
Seventeen-year-old girl like that, and instantly open the tube reaches suffocation death. Having said that, some home
Chambers is equipped with safety devices, a large number of automatic discharge after a few hours to stop the discharge, plus there is the danger of explosion,
Therefore, it is best not to consider the gas to commit suicide at home.

If you want to die from lack of oxygen, then there is no need in the room filled with gas from a head cover
Plastic bags on the line. Although looks a little primitive, but there are more than a hundred people each year are using this method since
Kill. Other methods outside the plastic bag, and then at the same time and use drugs and suicide, the better (Case 19).

Similarly, although not poisoned, but there are also filled with gas ignition in the room and killed the man. The party
Simple method is suitable for impulsive suicidal person. But, of course, have the effect killed died on the spot, the fact
The body burns, pain for several days and then die examples are also many larger cause harm to surrounding whether
Successful completion did not grasp, it sometimes just cause a fire, it is not recommended.

[Ready]
Fill the fuel tank of gasoline

Of suicide in the car, we must first prepare three to four meter long hose and tape. Rubber
Vent pipe should be based on the thickness, you can buy at the grocery store, not available when the thickness of the tape wrapped around multiple layers,
Then it will not leak and will not fall off. Then the hose connected to the exhaust port, to be firmly with tape
Fixed, and then insert the hose from the window, Chuang Feng also tightly sealed with tape column. This car will become dense
Sealed state, to sit behind closed doors and start the engine, then the seat down, listening to the car stereo to play music,
And slowly toward permanent sleep road.

Sure to fill petrol. If the neighbors are not careful, the car parked in their garage can be,
But people do not see the forest better, after a season resort also excellent places for little interest
Party. Or hood of vehicle sets, so it will not even listen to music to be found sound indicator.

Pictures

● Figure 1 hemoglobin (Hb) in the lungs
Absorb oxygen (O2), the oxygen supply
After the organization absorb carbon dioxide from the tissues
(CO2) and transported to the lungs, but the
Once the carbon monoxide (CO) in combination
Will lose these functions (from "forensic
Introduction to "Eighty Island Nobuyuki help / forward,
In public book)

Confirm the presence or absence of carbon monoxide

When the room commit suicide, first to confirm whether the use of gas contains carbon monoxide, but also
Check whether the safety devices. The rest is whether carbon monoxide poisoning or hypoxia dead, we should
Chuang Feng tightly sealed, at the door of the multi-Chuang Feng and posted some tape, ready to turn on the switch after properly asleep on
It.

Propane gas method, as heavier than air, it must be lying on the floor. In contrast, coal
Gas is lighter than air, so try in high places better.

Of course, having the courage hose stuffed in his mouth, it is better. With this absolutely broken hand
Act unexpectedly much the same way a writer Yasunari Kawabata suicide, there are also head into the gas stove in the dead
Out of the examples.

Plastic bag covering the head of the way, will not leak foolproof, tied to a rope in the neck
Is good.

[After]
Minimal pain

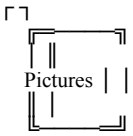
With the increase in the concentration of carbon monoxide in the air, inhalation time increases, dizziness and increased heart rate, Soon lost consciousness until death. This is because the blood hemoglobin oxygen delivery to oxygen is two hundred Intensity three times with carbon monoxide, forming a "carbon monoxide hemoglobin" in the blood, leaving the body Sharp drop in intracellular oxygen supply sake.

Automobile way: the concentration of carbon monoxide contained in the exhaust is approximately five percent ○ · ~ ○ · four, When the concentration of carbon monoxide in blood hemoglobin reached 30 per cent first felt dizzy, headache, prostration, TB fatigue, reduced judgment. When reached forty percent, nausea, inability to want to do things and there

Weak sense. Reaches 50 percent of the skin because the relationship between carbon monoxide and hemoglobin in red, body Temperature decreases.

When reached sixty percent shortness of breath, appeared haggard, incontinence, convulsions. Reach seventy percent When breathing stops soon die (see Figure 2).

Poisoning in a suicide car half an hour to an hour or so will be unconscious.



● Figure 2 the concentration of carbon monoxide in the air
Relationship with breathing time in the A zone will
Cause of death in the region B can cause poisoning
In Area C, had no effect.

"The most beautiful way to die" should be avoided off the manure

In all the bodies of suicide, people say gas suicide corpse was "the most beautiful." Because it contains an oxygen CFC blood hemoglobin showing pink skin, your body will be dyed pink state Discovery. Cramps when the clothes might disorder, but there is no relationship.

However, the situation often occurs incontinence. Carbon monoxide poisoning in the bathroom with men home, In the kitchen and the bed has a stool. Because there is no stool rectal deceased, so we know his. At the time After burning for air bath to produce carbon monoxide, both in the kitchen and bed wait any longer and defecation, to bathroom After death. Generally, there will be even conscious incontinence. To give to see a clean corpse Body of people, to go to the toilet beforehand absolutely essential.

[Watch out]
Beware explosion

Suicide way in the car, because carbon monoxide is lighter than air, so the gas sometimes from Chuang Feng Vent out. Was found in this period, or run out of petrol situation occurs, so advise you to Chuang Feng Blocking tight points. Although the poisoning death less painful, but in a longer time, then there is no loss of consciousness, headache, Nausea will continue, therefore, while taking sleeping pills better.

The gas is introduced into the car, blocking good Chuang Feng, people with blankets to block the front window can not see inside, then Dose of sleeping pills sixty men, actually been awake, notified police after being found. Although he Shouting, "I have the right to die!", But still being forcibly pulled out of the car. Are not all the way Slowly losing consciousness.

When the room filled with gas, with particular attention to is the explosion. Even fluorescent light is flashing point, Will cause an explosion. If the cause of the big bang, huge compensation payments will be back, and often find themselves in this Of gas has not died surrounded by large (Case 18). Like some people get a piece of paper labeled "shut tight gas Switches, open doors and windows exhaust gas, due to the risk of explosion Do not use electrical switches and matches "to remind Others note, and then committed suicide as gas, explosion have enough attention.

Suicide by carbon monoxide poisoning in the apartment the way, but also pay attention to people who lived upstairs. One hundred ninety-seven Six, two-year-old woman committed suicide apartment house with the gas, the result I am not dead, but sleeping upstairs Twenty-year-old woman died because of carbon monoxide poisoning. This is due to the light weight of the original carbon monoxide Because. But the families of the deceased, investigated suicide attempters parents, apartment landlords, police and fire units Management responsibilities, to court to seek compensation fee Second, ○ three seventy thousand yen of. Since the gas in the chamber Kill, should be aware of the easiest ways to give cause trouble.

Page 66

In case of salvation, then, and hanged as a result of lack of oxygen caused by damage to brain tissue, may be life-long stay Severe sequelae. However, it is often said, "leave serious sequelae in life," this sentence, not Limited to gas suicide. Hanging, jump, crash, drugs, etc. are the same all the way to commit suicide, to Wanted to commit suicide, this is also a matter of course should think of the consequences.

[Case Study 18]
Gas attempted suicide because men have been sentenced

In April 1978, who lives in Fukuoka-cho camp housing 47, unemployed man attempted to use gas Suicide, ten o'clock the morning he fell into a hallucination stimulant intoxication. His mistress away because distressed The thought of suicide, put in a barrel outside propane hose pulled bathroom, the room filled with gas. But After a very long time did not die, two hours after the point you want to smoke while lighter moments, the gas exploded. Burst of wind caused a total living in twenty-eight cho up a camp housing people, 2414 ○ million yen loss, Nine residents were wounded, he himself hospitalized for a month to treat burns.

He "gas leak sin" was indicted the following year in February Iizuka branch of the Fukuoka District Court in order to "make multi-Injured causing serious consequences, "and sentenced him to eight months in prison.

[Test this example]

This is the choice of the examples of suicide with a gas explosion, but if attempted and will cause damage to the surrounding Sentenced. Because, in the room where irrigation drain the gas itself is equivalent to "gas leak sin" is.

Japanese Penal one hundred eighteen first paragraph: "due to make gas, electricity or steam leak in or out, or Blocking and to human life, health or property caused by dangerous persons, sentenced to three years in prison and 10 million for Fines under. "

Examples of this are similar in 1976, Osaka, an apartment after a twenty-year-old company Camp who also attempted to use the gas in indoor attempted suicide, leading to a big bang, a burned, about 70 Households suffer with "gas leak sin" and "gross negligence fire sin" (due to a fire caused by others, such as housing Sin damage) prosecution. Even if he committed suicide attempters, can not escape legal responsibility.

From the above examples also know full two hours at home propane or may not die, but then two Eighteen others explosion caused disasters, I have just received the treatment a month of injuries.

Filled with gas in the room, soon expire, when even want to smoke and ignited by lighters, It seems that he is an idiot, but in fact this kind of thing still a lot.

[Case Study 19]
According to the instruction manual of suicide suicidal man

July 1983, a man wearing swimming trunks immersed in cold water bath, the head set with a black garbage Rubbish plastic bags, tied with a rope around his neck and tied to the windowsill of a strange man (then aged 46) of the dead Body was found.

From the apartment of his death found the forty analgesics "Snow Andress' empty bag, it seems he Are taking the drug and then after this method of suicide.

While still in the room to find the instruction manual, published the same year in Japan, "suicide - most of euthanasia Method "(Tokuma Shoten), and in reference to a folder on a tape. In one hundred eighty-four, as can be Euthanasia suicide means mix, describes four combinations: "one, with a stifled analgesics and plastic bags Interest rates; two, because they can reach a large number of drugs and the extent of poisoning car exhaust gas poisoning caused; three, only Analgesics and abnormal hypothermia (long soak in cold water); four, analgesics drowning. "He is a chosen one and With three suicides.

He was the predecessor of Tokyo indoor stadium - Korakuen Stadium salesman, disappeared a year ago, after To turn away from his wife and children, live in an alcoholic's life in a little room. Missing reasons, Is said to be the back of a debt, creditors are persecuted and fled.

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[Inspection death]

Asphyxiation with plastic bags suicide although painful, but something like this is very simple. Analgesics "Shedd Silk "is unable to reach a lethal dose, but the drug's effects and caused hypothermia in cold water, reducing call Suction touches useful function.

Large role in the suicide manual can not be ignored. This book is the 1982 original in France State issued soon have six people committed suicide affected, thus causing great repercussions, becoming the best-selling Manual. This person referenced part, from the "British Euthanasia Society" Restricted hands of members Books, so the description is correct. Mother denying that the book also cites some of the material from the book.

Interestingly, he deliberately in order to let others know that "look at this section of death" and a belt clip. In France also has turned the page and then commit suicide reference person, trying in this way to cause the world Note The purpose is intended to be crystal clear.

[Case Study 20]
Suicide experiments with plastic bags losers

November 1974, in Kawasaki City, found an 18-year-old man in bed with a plastic Bag to trap the nose and mouth, and then the rubber band wrapped suffocation event of death.

There are two hundred words on the desk manuscript, written test results of a variety of methods of suicide, marked Title was "experimental." It can be seen that the youth are put in plastic bags to trap the mouth when doing experiments suicide , And suffocated.

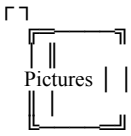
His notes are written like this: "(a) fifteen minutes after the start of the experiment, rapid breathing, hands and feet hemp Wood. Twenty-five minutes later, paralyzed, breathing tripled, heart 一二 ○ under. If the bed You can not move on to survive thirty minutes. (2) the occurrence of cerebral disorder of about one hour, two hours of death. In the Plastic bags should be removed prior to massage the heart. "

[Inspection death]

It seems to use plastic bags to commit suicide, is the result of "tightness -> numbness -> paralyzed -> heartbeat -> Absence "etc. order to death.

So, why did he remove the plastic bag it? Can be taken into account on the grounds that: (a) immediately to smothering When interest rates hurried want removed, but did not expect to soon being anxious unconscious: (2) slowly lost consciousness When the body is also paralyzed and lose it in a coma.

If the first (2) is correct, then we have to write suffocation suicide is painful, but in fact Can be said to be quite comfortable approach. However, this feeling about dying and death can not be experimental, Doctors rely on speculation to know. So, to say that several "Death experiments" in medicine is extremely For valuable information.



- suffocation Figure 3 is completely isolated from the air when After the symptoms, and the use of plastic bags The situation is somewhat different (from "standard forensic · Medical School Legal "Medical College).

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(7)
ELECTROCUTING

Electric shock

Electric shock

Pain ▼▼▼ ▽▽
Trouble ▼▼▼▼ ▽
Sizhuang ▼ ▽▽▽▽
Implicated ▼ ▽▽▽▽
Impact ▼ ▽▽▽▽
Lethal degree ▼ ▽▽▽▽

The disadvantage is that a few seconds of shock and stripped wire
When trouble; than commonly imagined even
Gentle methods.

Electric shock

Japanese Ministry of Health statistics show that in 1991, the year nineteen thousand eight hundred seventy-five suicide, there are five
Sixteen of electric shock with a minimum number of suicide method. And, strange men for 53 people, accounting for
All of ninety-five%. Can be said that almost only means of suicide men employed. Not a whole
Digital Low's sake, even though people in more than one ○○ statistics where more than 90 percent, or men,
Some people say that women may be especially afraid of power's sake.

Shock suicide death was due to a sudden stop breathing, cardiac arrest, shock caused by,
The pain is really just an instant thing. A doctor said that suicide is one of the comfortable electrocution deaths methods.

Approach is very simple. Peel one end of the wire to expose the copper wire, plug in the power to touch the chest or
Back on it. The impulse to want to die, and this is the best means. The disadvantage is that the case of attempted more
But there is no particular complications, it is a good way might be re-considered.

[Ready]
To the heart of power

Secretly slipped into the substation to touch the high-voltage current section is the easiest approach, but that is terrible
The. Or in your own house then wires, two terminals attached to the body, installed after the timer asleep.

A copper wire attached to the chest, the other attached to the back, if you do not want to stick in the chest, attached to the two hands

Wrist is required. A sixteen-year-old female high school students to a wire wrapped around the right thumb, the other attached to
Suicide vest. But to do so, the wire should be tied closer to the heart from the left thumb is better.
There is also the end of the electrode is in your mouth and the other end into the anus using a timer suicide nuclear science
Home, but how he does not make the wire off from the mouth and sleep remains a mystery, this method is still way
Not to imitate as well.

Copper wire with tape affixed to live on it, then put the body in contact with the wet part of the resistance is small,
Better. Under normal circumstances the current barrier also reduce the accuracy of factors, may wish to use a wet cotton wool or
Gauze from the hold. Salt water wet cotton when available, if you can get some of the oil used to make the ECG
Paste, the resistance will be smaller. Also useful to pick up a round coin as an example to induce the body. Of course, the two copper wires are
Tied to the chest is the most reliable method.

Anyway, what matters is to make the heart of power. Voltage transformer to increase the degree of the more lethal
High.

In this case, the person is still able to sleep much, so to drink wine. Setting the sleep timer
After two hours or so of the most familiar of time. Set at three o'clock in the morning are more examples, it should be said that this
Rationale. In short, to minimize the resistance, increasing the voltage is the most important.

Bathing in the start of electric heaters or electric razor will be thrown into the bathtub conductive, but reliable
Extremely low, in order to increase the conductivity of the hot water, add some salt will be better effect.

[After]

Moment of piercing pain

The biggest problem here is that when the instantaneous current through human consciousness is what is it? Use fixed
When the way, if successfully carried out as scheduled, then, a few hours after you fall asleep hundred volts
The current through the body would immediately cause cardiac contraction, loss of consciousness after a few seconds, the heart blood circulation
Ring to stop and death.

According to a doctor observed: normal state will produce instant piercing pain, muscle relaxants because they do not
Easy to get their hands on, so inevitably experience muscle spasms, such as heavy drinking or taking sleeping pills can
Blurred consciousness, died in his sleep on Enron being. At this time, although loss of consciousness, but the body will twitch all
Forward. There is another way: just a few seconds or a sudden loss of consciousness thing, but wait until the heart stops
Beating you need three minutes or so.

Unconscious man regained consciousness after a shock, it is "instant" This is this to say: "sudden
However, I felt it was a force to control unconscious. "

Then, when the current short circuit will trip it? Electricity Company believes that "this case did not do
There is. " Reviewed coroner said: "So far there have been no trip like." Accordingly, on this point,
It seems it is not necessary to worry about.

Since there sit two, ○○○ volt electric chair is still on death row who did not immediately die, then
Family in one ○○ volts enough? Some people may feel uncomfortable. However, the voltage is not
The higher the better.

Human skin resistance, in a dry state, ○○○ to two ohms, ○○○ ohms (Female
Lower than the impedance of the male sex), continue to maintain this status through the body's largest and only to the current intensity
一 ○○ mA. This strength is a minimum current can cause the heart can stop ventricular fibrillation. When
However, if the skin is wet, then the impedance can be one tenth less, in fact, the case of a low voltage on the heart
Weak current dirty it down easily cause ventricular fibrillation, but dangerous. Also, the most dangerous to human electrical
Cycle of five 六 ○ ○ ~ Hz, and household current cycle is the same, coming from the outlet to the AC
Easier than DC cause ventricular fibrillation. That is, as long as the occurrence of ventricular fibrillation in three seconds
Power of words to heart, home 一 ○○ volt power can be completely dead.

Dead in the bathtub way, his death because of cardiac arrest or shock. The respiratory center of brain power
Paralysis and respiratory arrest, but this situation is rare.

[Corpse condition]
Almost no damage

Electrode touching part will leave burn marks, but the body is almost no damage. Skin resistance

Hours, sometimes even no traces of burns. It seems to be in a sleep state, which is very nice
One of the bodies.

[Watch out]
Aimed at the heart!

Goal is the heart.

Really want to die, then the other part is not enough. Be sure to try to make the current through the heart. If you want to
Died in his sleep timer, then do not forget firmly fixed copper wire in order to avoid falling in bed, even if
Wrapped around the body, once off during sleep is achieving its purpose.

I have already died, but the body is still current time, this time, people have come touch
And the risk of electrical shock bodies, so to pay attention, but this suicide can not do anything. If do not want to
Trouble to others, it is labeled "Do not touch, danger!" Note of it.

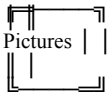
[Case 21]
Man in shock suicide racetrack toilet

April 1981 six-point one afternoon in the city of Zhongshan Funabashi Racecourse, ending the race after all
Two hours to find a aged about 50, 一 六 ○ centimeters tall athletes hairstyle body of a man. He
The wire connected to the toilet ventilation fans, and the other end attached to the chest with tape and electrocution, found dead
Body has been stiff.

The deceased was wearing a new suit of three head, just straight starched blue shirt, tied with blue collar white dots
Band, dressed in grass yellow coat, wearing short black boots the system, pretty neat.

Cash only around eight, three to five ○ yen Short HOPE cigarettes, hundred lighters, written
Testament racing newspaper, but has not ascertain the identity of the deceased.

His red pen left a suicide note in the newspaper wrote: "I was a jerk, but life for the horse failed.
I'm sorry! Stupid people stay. I'm really sorry, I'm so tired it! . "



● 1 50 个 shock suicide cases through Figure
Electrical parts and ratios. A heart,
B is the left shoulder and wrist, C and D are
Be the case in other parts of electric shock.
(Excerpt from "standard · Forensic Medical Legal
"Medical College)

└┘

[Inspection death]

This is easy to achieve a good example of an electric shock suicide. Probably after he exposed copper wire attached to the chest, and then The plug into the socket access to electricity, while the heart, causing the heart to stop.

Testament in "To horse and failure in life" is a famous saying, social version of the newspaper the next day with the phrase Title reported words do matter.

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Article 70

Completely Suicide Manual

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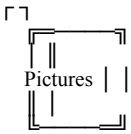
[Suicide Map (4)]

Suicide village bears take cho

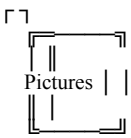
June 1992 to July of
Room, bear in Osaka combined total weekly take-cho
Five men and women committed suicide. The earliest death no post
A juvenile industry Jun (17 years old). Found six
May 四日 (Thursday). Then ten days (weeks
C) the construction of B-jun (18 years old), the 17th
(Wednesday) hotel waiter C-jun (18
Years), twenty Rider (Thursday) o City City
Civil D's (22 years old) committed suicide by hanging. Seven
(Thursday) May 2, 1999 in the Sport University female cho
Student E to own chest stabbed Mito suicide.
I do not know what the reason, all on Wednesday or
Died on Thursday. Suicide unusual places
Close, concentrated in a radius of 500 meters range
Inside. Plus they were a year ago, three individuals knot
A mob (flying team) adverse teenagers.
Full suicide motives entirely unknown. This even
Motive unknown string of suicide shocked the whole of Japan.
The extent of its mystery in the history of Japanese suicide can
And Mihara Hill "Death pathfinder" incident Pi
America.

, Said at a local homicide absolute upper hand, as
If language is a homicide, it would mean there are so a

Weekly kill a man to kill a total of five people killed
Magic exists, when this bizarre suicide appears
Inevitably leads to homicide say. However, do not
Too believe that as well.



● Figure 1 Osaka urban tram up to the Bears 30 points to take cho



● Figure 2 Bears take cho Map (X mark at five or more people to commit suicide)

[Place of death]

It is said that population of less than four million people, but bears taking
Cho is not a rural town. Before the station there are
Large bus station building, Commercial Street passers
Frequently. However, the western end of the station aboard a cho
Rent a car traveling east along a line of State Road 七 ○
Ten minutes, you can see to the right of the existing rural
Land of. In this neighborhood, five suicide
A. Get off walk in this neighborhood. Everywhere there are miscellaneous
Lumber and farming hut. Suicide you pick any location
Election.
Check beforehand consecutive suicide death
Death place, we might miss the enemy and continuous float
Death is also a good idea. A and B Jun Jun
Suicide onion cottage and small warehouses have been demolished
A, D Jun millet hanging trees have been cut down,
Only C-jun hanged to do farm work remained in the cabin
There. Summer is also a bit eerie, roof
Few beams hut is the best suicide
Place. Figure two suicide-site location.

[Suicide method]

To commit suicide in this town, then in addition to
No other method of hanging outside. Hanged, or
More in line with a rope around the atmosphere. Himself
After hanging tied in height down the rope, mold
Imitation consecutive suicide mystery who also perform
Is interesting. Perhaps in his re-emergence of local
Kill that maybe you have become propaganda media
Notable figure. Best not to Xie Yishu, then more
Adds mystery.

[Transportation · accommodation]

By Ring line to Osaka by JR East King

Bears take-cho station.
No accommodation facilities, the night the Bears take cho
Arrive, or intend to rest for a night to go to suicide
People can be made to only five minutes away from the station
The Izumi Sano City HOTEL·NEW yutaka
. This is a recently built luxury hotels, internal
Decor is also very good, single six, eight ○○ Day
Yuan, double room fourteen, ○○○ yen,
Reasonable price.
Rush to the Bears take cho, you will confuse
Geographical environment, preferably the day before arrival,
Advance look after the environment to live in this hotel
Years, and decided to place carefully brewing method, the first
Two days to go commit suicide.

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(8)
DROWNING

Drowning

Drowning

Pain ▼▼▼▼ ▽
Trouble ▼▼ ▽▽▽
Sizhuang ▼▼▼▼ ▽
Implicated ▼▼▼ ▽▽
Impact ▼ ▽▽▽▽
Lethal degree ▼▼▼▼ ▽

As long as there is water, it can be anywhere
To perform. However, very painful moment of suffocation
, Sizhuang also miserable. On the whole, does not
Suicide is a good method.

Drowning

Is not someone who would be mistaken for good swimmers drowned himself is not it? No matter how high you Yongji
Ming, also because of the following will be explained due to "some kind of action," and somehow drowned. To date
So far, swimmer drowned and lot.

Drowned himself mainly to suffocate. To experience a few seconds because of difficulty breathing, choking state,
Happiness can not be regarded as suicide. Despite this, the ancient and have fun means of suicide, regardless of ancient and modern
Outside have been adopted. This, the use of the ancient Greek poetess had also learned. Now in Japan, senior citizens
And women in particular love this way, utilization declined on the whole, but every year by the use of square
France classification statistics show that still in the top five. Accomplished rate is as high as eighty percent, no wonder very attractive
Force.

Basically, drowning or drowning is not limited to the sea, lake, river, pond, where as long as there is "water" can be
To, and did not need the whole body immersed in water. Drunk and drowned in the ditch a lot of people, even
"Drowned in the mountains" to there in the mountain trail Zuiwo, a heavy rain that he died of lung water.
Also head out into the basin or washing machine suicide examples. Because the rule writer Dazai drowned himself out of the name
The Tamagawajosui, an SDF personnel drowned in the depth of only 40 centimeters places.

[Ready]
Bundled body

The practice of bundling the body of a little primitive, but it is a very effective means. Bundled feet, then
After hand tied behind, jumped into the water, then a surge of gas, regardless of your swimming technique wise or not, will be flooded
Dead. (Of course, even more out in this case, but also on his back floating on the water.)

However, the hands of a single person it is difficult to bundle. But here is a way anyone can do,
After the first bound feet, then left (dominant hand or opposite hand) on the left thigh strapped jump. False
Such as deep sea or lake rowed to the center jump, it would quickly sank. At this time in the pocket
Placed stones or something, but can accelerate drowned.

Tired it is easy to drink wine to lose balance, great reliability, even large doses of sleeping pills can
By a.

To simply and easily die, and that even the car into the water together, they do not try to climb out of the car
The child will not be saved.

Easier way is to take on a large passenger ship, halfway into the water, it will be ship aroused
Water whirlpool and drowned. It is said that half of the Seto Inland Sea was salvaged bodies would have because of this.

As the water jump or location, or to the sea and the lake is ideal. When selected, it should be selected
Sparsely populated shores of Lake turbulent flow, the time course of the election can not easily be found in the night.

In the bathroom is also OK

Death in the bathroom is very simple. Put in a bathtub full of water, feet tied, his hands tied behind his back and then lying
Under head into the water on the line, a housewife is to use this method successfully committed suicide.

More special way, is filled with water at a fixed good gasoline barrel, from the head into the water, then it
You can not get rid of due to drowning.

In addition, as a special place for drowning is the vortex Setouchi Hemingway doors. Toward the whirlpool
Could swim when pushed out, but once they are involved in the whirlpool, then you never get out, death was a hundred
Per one hundred.

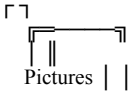
Season with winter better. Water temperature is low, or shock, or death caused by a heart attack, fatigue
There is also fast, so can safely dead. That is, there are not drowning but "hypothermia" that
Freezing conditions. To freeze to death, you must drink alcohol or sleeping pills as well.

[After]
This is a drowning swimmer

Now to introduce people to swim drowning suicide methods.

Preferably in the evening starting swam straight down trend will swim to the sea. Will soon feel
To fatigue, but can not stop. Big waves off the coast, increasing the number of drink, trachea choking water
Badly. In the constantly repeated drink, spit water, choking water process, connecting the mouth and ears of the ear tube also
Water, and this is the key. Some people said: "The ears are tympanic membrane, the water should flow into the three semicircular canals.", But

Water also flows from the mouth.



● Figure 1 through into the water when drowning
: First of all because of the sudden skin stimulation
, Will take a deep breath (the first stage Ⅰ),
Then there will be 30 seconds to 1 minute call
Suction stop (Stage Ⅱ). Shortly after the due
The increase in carbon dioxide in the blood, there will be
1 to 3 minutes time to appear fierce spasm
Twin inspiratory breathing (first stage Ⅲ), after
Loss of consciousness, about 1 minute spasm (
Phase Ⅳ), the sinking of the death (the first stage Ⅴ)
. (Excerpt from "Little Forensic book" Jin Fangtang)

Water flowing into the ear tubes produce piston leaving three semicircular canals covering part of bleeding, acute follow through
Ring dysfunction caused by poor three semicircular canals. This function is damaged, lost balance, the
Under confusion all around. More is to inhale, the greater the trachea into the water and cause throat spasms,
Finally, respiratory arrest, loss of consciousness and sink to the bottom.

Situation will swim drowned generally the case. Delirious arrival process, most are not due
Drink plenty of water suffocation, but in the middle of the water to choke the water caused by the inhalation of the trachea. In this case, even if you
Is a swimmer drowned himself will also have confidence.

And it was said that in the upcoming unconscious when memories of the past will be like lightning clear float
Emerges, like the wonderful experience of hanging and jumping in the project described.

After the loss of consciousness, the first in the water big mouth breath, then big mouth to suck water lungs, respiratory arrest
And death. From the beginning to the unconscious choking is about one to three minutes, freshwater need four to five minutes, the sea
Water will need eight to twelve minutes, the heart stops need twenty minutes to half an hour. Having said that, in the water
After two minutes in the above would be difficult to be saved.

Pictures

● The number of days in Figure 2 drowning corpses float
Relations water temperature (from "Modern forensic
Science "Kim original publication)

[Corpse condition]
You can be Laura Palmer do? (Note: Laura Palmer · TV series "Twin Peaks" actress)

After a few days, and rise to the corpse, whose face was swollen body and recognize that even parents are not out (specifically

Industry described as "giant-like"), showing skin peeling, scrotal swelling like a balloon, physical birth moss,
Sometimes hands and feet were biting sharks, leaving boats propeller cut wounds, there is to eat meat fish, crabs, etc.
Over the horrors.

At once sank underwater corpses, twenty percent - thirty soon float. Be salvaged
To the body on land, from the mouth and nose will spit a lot of small bubbles. If the body does not quickly float,
Summer is two or three days, after two or three months in winter, due to corruption of gas produced by the body and float (see
Figure II). The buoyancy corruption gas is great, even the bodies of nearly tied kg weight are also float
Too. But sinking to a depth of thirty or forty meters or more, due to low water temperature and gas accumulation is not up corruption,
Hydraulic and compressed gases, mostly sub's body is not going to float past.

Besides, Shikoku foot off the southernmost headland, is definitely not the bodies of drowned himself floating resort. "Corpse
Refuse to be the discoverer of "deep water may wish to choose a place, like a foot off cape.

[Watch out]
People who can not swim more favorable

Plunge into the sea and the lake, when, never to be seen. Especially when you jump into the sea, it will cause spending
Great coastal rescue units dispatched.

Swim is also possible so people commit suicide, but it is undeniable that this method is suitable for those who "do not Swim "and elderly persons. In fact, twenty and thirty or so men rarely drowned himself
The. Although his mind and jumped into the water, but a few always have to swim, plop in the process of being on the up
The examples are many, who will swim or choose another method better.

[Case 22]
Head buried in the toilet and drowned actress

1944, was the star of the film industry in Hollywood head buried toilet and drowned.
She was born in Mexico 一九○八年 desire when a famous actor, at the age of ten years from Mexico
Columbia City came to Hollywood to play the heroine in the movie "goose" in the. Then climb up the name of the actor's throne,
And many famous actor exchanges, living extravagant lives. Because of her wayward and jealous character, downtown
The divorce, but also appears scandal. For these scandals, her reputation declined, and soon fell
The R-rated comedy movie proportions.
But forget the glorious past, she borrowed it difficult to pay off debt and live extravagant Health
Live. Finally she was pregnant with the child of a young actor being destroyed other requirements, extreme despondency of
She felt "destroyed its children alive, it would be better to die in their own good." She is determined to commit suicide, invited
Many friends attended her credit points have organized dozens of large candle root luxurious banquet, evening clothes
A palm with sleeping pills to sleep on the bed. But the middle of the night vomiting and unable to breathe, in extreme pain
The situation climbed bathroom, toilet and drowned into his face.
Become a corpse, she, of course, when the screen is not complex morphology of beauty, but her face was peaceful.
She finally left last words are: "to feel tired of life, tired competed Although children
Since the era of competition has always wanted to go. "

[Inspection death]

Toilet water can be a little bit dead, this is a proven example of where people can drown. With
When this example also allows us to see a typical example of the failure to commit suicide with drugs.
Nevertheless, the devastated actress was in the toilet of a lifetime, but also too far for that.

[Case 23]
Near-death experiences before drowning

Seventeen-year-old American girl, one day, and his brother went swimming in the lake. The lake has a lot of young people

In swimming, I do not know who shouted: "! Swim to the other side of it," so we began to swim to the other side.
This girl has repeatedly crossed over, but the situation was almost drowned.
Girl rescued up, then she talked about the scene:
"I'm in semi-floating semi-submerged in a sudden there is a split my own body open to feeling alone
A man sat in an emptiness. I was there motionless, but my body was in three, four English
Feet of water in front of ups and downs. I was right behind inclined to see his body. Even my body in a while
From the outside, I still feel I have a complete physical. ..... I feel very relaxed, seems to have become
The feathery. "

[Test this example]

This is not a suicide, but to talk about the near-death experience occurred when drowning. This situation is Consciousness
Watch out his soul from the body, the body becomes feathery relaxed experience.
And, no matter how many times had crossed the lake swimmer, sometimes because "I do not know what the original
Because "drowned, and this is worth noting.

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(9)
SELF-BURNING

Self-immolation

Self-immolation

Pain ▼▼▼▼▼
Trouble ▼▼▼ ▽▽
Sizhuang ▼▼▼▼ ▽
Implicated ▼▼ ▽▽▽
Impact ▼▼▼▼▼
Lethal degree ▼▼▼▼▼

The strongest impact, absolutely lethal, but also
There may go down in history. However,
Most intense pain, Sizhuang miserable.

Self-immolation

Self-immolation suicide is painful. Skin burns but did not die immediately one hundred percent and was rushed to hospital,

Completely Suicide Manual

In the case where Shetenglebantian only breathe a lot. Sequelae caused not dead, more than any other self-
Means all the more tragic killing. Ordinary people wanting to die, I was never advised him to be used.
However, if you want to sue for what this community died then, no self-immolation suicide like this
What a tragic way! Monks who oppose the government and died in the Vietnam War, most recently in South Korea the same as
Anti-government student movement committed suicide in Japan to fight for the working class to improve the treatment of primary co-Doo Kawasaki kettle
Conference cadres, they have adopted the self-immolation suicide and attracted the attention of the community. Yes, in the flame package
Around shouting their image among the proposition is indeed influential.
Performance with a strong will and self-immolation of death determination is no better. 1986 following the late
"Friends of the Church of Truth," the leader of collective suicide seven female believers, but also self-immolation suicide.
Some people may think that using this self-immolation suicide not too many people, but the number has increased every year in
Long, between the current year amounted to seven hundred people about as much as a lot more than the shock suicide. Now according to standard medical diag
Accurate, there is in all the suicides in the third person is considered to be "narrow" the mentally ill, while prices
Figure immolation suicides among those who are considered mentally ill majority.

[Ready]
Five liters is the safety zone

Needless to say, with gasoline or kerosene, but pour a few liters of good?
Body skin burns twenty percent of the body has caused a big blow, but only to die
Pouring petrol over the body. Although useful for two, three liters of kerosene and severely example, but for insurance
Purposes, or prepare at least five liters of it.
Gasoline, kerosene is a little bit you can pour in, clothes flammable, so it can be soaked. Kerosene into
Will not open the eyes is very painful, but too much is not possible to consider these self-immolation suicide.
If you are afraid of fire, it may be covered with fire-retardant carpet below, so that even in the room lying burning
It will not cause a fire.
There are doused with gasoline and drilling incinerator after the suicide of 48-year-housewife go, but there is no such
Necessary, they became Women's Weekly good material.
After doused with gasoline can be ignited with a lighter or matches the fate of the fire. Who intend to make a statement
To advance firmly in mind, lest one forget the panic state clean.
There poured gasoline in the room, even the house burned to death along the way, using a lot of people,
In this case it would be better choice of site and less painful way, people see the self-immolation suicide in combustion is the largest special
Points.

[After]
Cropped three-meter-high pillar of fire

Flame is much worse than imagined. Gasoline, kerosene upon ignition, will sound and all of a sudden take
Since twenty-three meter high flame. Body have severe pain and burning sensation enveloped flames, because it is difficult to endure

That will be rolling on the ground, surrounded by the smell of charred flesh someone. But generally these are clearly perceived. Gas
Tube heat due to inhalation and burns, but the sound is still able to send to.

When the fire will clean clothes burned off, but some people still rely on their own strength to stand
There continues to cry (Case 24).

After the fire is out, and if there is more than one third of skin necrosis, then people will have a fifty percent
Dead, more than two thirds if necrosis, almost without exception, will die. When death arrives
Rooms are not all the same, the general body skin burned like charcoal charred on the spot when the death of the fire was extinguished
After an ambulance rushed to the hospital, the body can not move, they greet the arrival of death in painful situations.
After some half-day or day, even after five days or ten days finally breathe a. Shouting "anti-
Vietnam War "and the self-immolation suicide of an eighty-year-old American woman, conscious living for ten days.
Her fault is probably a bad doused burning alcoholic detergent sake.

Flames caused by the suicide death of a shock, hypoxia and high fever caused by thermal coagulation vital organs.

[Corpse condition]

Raw and bloody bodies threw themselves in front of the horrors behind

After more than five liters of petrol doused lit when no one put out the fire, the skin surface
Part or all of carbonation, hair all burned. Skin peeling, revealing a red red meat. Originally people
The body is substantially formed by water, even if the skin carbonized meat is difficult to burn.

At this position, due to the contraction of the muscle becomes the posture is characterized by boxing. Yet necrotic skin
Blisters, the color from yellow to dark brown, and finally to black. Corneal clouding, stick out your tongue
In many cases.

[Watch out]
Do not fall into "erythema marks tumor" in hell!

Most frightening thing is, leaving a life, but in the face or the body leaving burn marks and following
Continued to live.

A woman poured kerosene and lit a match, but one suicide attempt, through the bed of Health for three years
Live, covered with scar erythema tumor, although implementation over five cosmetic surgery did not eliminate erythema marks tumor, no
Lips, mouth can not be queen.

Moreover, compared with the use of other suicide attempters attempted suicide again, the self-immolation suicide
Perhaps because the use of aggressive means of recovery from a near-death state over, and got emotional balance
Reason would like to reiterate suicide is relatively small, but the skin graft will take a huge treatment costs.

In order not to get this point, so at least five liters of petrol doused, four weeks if a person rescue
Fire you shouted: "Do not close!" Even then you still worry attempted, it can with its
His methods simultaneously and use. Man killed his victims woman (twenty-four), went to his alma mater, the University of ten layers
Roof, committed suicide after doused with gasoline. However, there is no need to do this point, self-immolation is
A high degree of lethal means of suicide.

All in all, the self-immolation suicide is painful methods of suicide. But remember that, do not stand
That death. For each death is to be loved, a man quietly die, then I would advise you to
Using the other method. However, if you think has been the obscurity of life, but when he died
Vigorous something happen, then it is as you would a.

[Case Study 24]
Improve working conditions and to require the self-immolation of young Koreans

一九七○ In November work under harsh working conditions of cutting youth division (then twenty-two
Years) require improving labor market conditions and in the Seoul Peace self-immolation suicide.

Prior to this he has been engaged in the fight to improve working conditions of exercise, shoe times to suffer setbacks, finally
In November 3rd force in the market expansion is blocked peace demonstrations, when participating in demonstrations
Workers and security teams, when the police forces of violent conflict, when he appeared in the city later than companions
Field, and asked his companions, "I threw lit matches to come." When a match thrown on him the whole body became immediately
A pillar of fire. Then again became a fireball, sucking him in flames into the crowd, shouting: "compliance with labor groups
Law! We are not machines! Also my Sunday! Driven workers oppose cruel! "Finally, screams
Fell down. But he struggled to stand up, shouting: "Do not let me die in vain!." Eyes,
Nose burned blurred. After he fell down unconscious, three minutes after the associates who put out the fire
A. He was sent to the medical center, muttering the sentence: "a bit peckish it!", After nine hours
After ten o'clock at night, he was off the gas.

His self-immolation suicide, later named "Declaration on Human" still circulating.

[Inspection death]

While unconscious three minutes after the fire was extinguished, and after a nine hour after the death of severely burned
Injury, but kept shouting is possible, but as long as you have strength to stand up and shout also fall once. When
Ran will vary, change into a ball when the fireball, either because the heat was spin it, his mind may

Is very sober.
It can be said that the most effective use of such means of self-immolation suicide example. His suicide is indeed a
Have a great effect on the dead also liking of him.

[Case Study 25]
High school girls for the next of kin of the distress and self-immolation of adultery

There is a twelve-year-old high school girl, uncle yard in self-immolation suicide.
Her parents divorced shortly after birth and lost his mother, raised by her grandmother big, because his father's working relationship
In middle school and elementary school during school twice each turn. She grew up in a family environment is very complex, parental divorce
The reason is due to the mother and uncle had sexual relations.
However, prompted her to commit suicide more complex reasons for the road, she herself and grandfather, his father also
Sexual relationship. This has always felt that she was still troubled high school first grade, two months before the summer
Began a long-term absences. Finally one day just after noon, causing parents to divorce her uncle cause
Backyard, body doused with gasoline, were self-immolation suicide.
At school she used to play volleyball, giving the impression that ordinary looks and no two students
Kind.

[Inspection death]

Twelve-year-old girl immolation suicide, which is shocking example, but should first be noted that the dead
Location. Her uncle hatred can be quite large, so he turned to his uncle backyard fireball, right
Evoke the idea of revenge is very effective. Twelve-year-old girl turned and grandfather, his father sent two relatives
Nature relationship, it is people astonished, terrible! I have probably felt her fear for vent
Terror, resentment, despair, depression and suicide, such as the use of jump, crash these methods are not too conspicuous.
This case is the most appropriate self-immolation. However, she was absent from school two months before the summer recess, and that is only
April and May to go to school for two months, then turn twice during this study is how the matter
It? Also not clear from the data, does there are more complex hidden secrets!?

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(10)
FREEZING

Freeze to death

Snow froze to death

Pain ▼▼ ▽▽▽
Trouble ▼▼▼▼▼

Sizhuang ▼▼▼ ▽▽
Implicated ▼ ▽▽▽▽
Impact ▼ ▽▽▽▽
Lethal degree ▼▼▼ ▽▽

If you can find a good place, it is
Relaxed. However, it is possible to note that after
After a massive search, attempted suicide, but
Must have been frozen hands and feet amputated.

Freeze to death

Freeze to death and hanged as are probably very comfortable. I am afraid to say such things is suspected its true
Sex, but this is the survivors said, had believed.

Nevertheless, to freeze to death as a suicide and the use of means who is definitely a minority, was also statistically
Points in the "Other" a class, perhaps because too much trouble deliberately walked Snow also unknown. But do not freeze to death
Is a phenomenon only in the snow and cold regions only occur, as long as conditions are in place, there are freezing to death in the room
, Of course, the temperature did not necessarily need to be below freezing. Reports indicate that, in fact, each in Tokyo
In a dozen people have frozen to death, in warmer areas who will have frozen to death. Newspapers often tramp
Freeze to death news of Tokyo, Osaka, tramp, how to spend the winter is a very real desire.

Said a long time or a big deal, after all, no one will want to freeze to death in the room, but also never heard
Said freezing suicide in the room. In the United States, someone enters the refrigerator to freeze to death suicide, which can only be regarded as
Exception.

To freeze to death, although the trouble to snow-capped mountains but still good. Many advantages of this approach, you can make
Those in trouble too!? Below will be introduced in detail, such as the body without injury, the pain is less and so on.

A person of cold tolerance is an important factor, and therefore the person is not suitable for cold such
Suicide means.

[Ready]
Selected as the target leisure mountain!

To go snow-capped mountains, the first to buy a cold mountain leisure guidebook to understand the situation. That
Make no mountaineering experience and physical strength, who also can get cold enough to freeze to death people places. Go skiing in
When people rarely wish to patronize those places. Even the driving range next to the ski, and maybe also
Able to find a suitable place. Of course, like climbing a very thoughtful person can decide routes and locations.

Need to be prepared to carry things: There are pharmacies available sedatives, painkillers and other so emotional stability and
Can sleep drugs and liquor. Drinking certainly make the temperature rise, but also in order to overcome the pain drink
Allowed. Anyway, the snow is hard to resist external cold.

Took off his clothes, a night you can die, but some difficulty, so at least find two or three days
Others can not find a place to squat, and if it's even possible to sleep OK.

Froze to death in the room to pick the coldest winter

Really want to die in the room, it is not a non-election days of winter, but also the weather, select
Coldest night. In addition, you must do some preparation can make the body cool: naked and doused with water,
Then for fans and air conditioners, windows and refrigerators are open. Also fasting, lack of sleep and fatigue,
Otherwise, it is difficult to achieve. As a drink beforehand, so that the body surface blood vessels to dilate, can rapidly reduce the temperature,
There are urging dying effect. Of course also need some patience, which is to wait before the arrival of forbearance drowsiness
Resistance.

Froze to death in the streets of the way: You can wear wet clothes at night to a quiet park, open space and trees
Lin go. In order to avoid suspicion of people carrying water bottles topped also be a good place when you decide. As much as possible

Optional heat faster concrete, but the most important thing is not to let people see it.

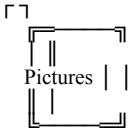
In the temperature five degrees, no wind, half-naked, the fasting state, you can freeze to death within one day of the cases
Son; but also in the minimum temperature five degrees at night, dead drunk on the road of late who froze to death in the examples.

In the case of water, the temperature of fifteen degrees of freezing dangerous, if the water temperature is five degrees, dip

Soak for several hours will die, but sometimes there is such a water temperature caused by cardiac arrest in an instant love
Condition. To the newspaper and magazine editorial department sent a letter of notice of 43 suicide housewife, in mildwinter
Season Muroran city, sitting by the road inside the park pond froze to death.

[After]
"Luscious trance feeling."

Whether the snow still got undressed in the room, after the death of the same.
At the beginning of the whole body shivering with cold, rectal temperature reaches will have thirty-five degrees of fatigue, malaise
Sense and drowsiness. Even the kids will say the famous phrase "sleep will die ah!" Slang, is
Refers to such a situation.
Temperature drops thirty-three, thirty-four degree, thinking gradually weakened, blurred consciousness, it will be a
Kind of "sweet sense of trance." Shrouded. To the thirty to twenty-three degrees on unconscious until death. Drop
When low as 25 degrees below can not be bailed out, so much more than expected to be brisk.
This luscious sense of trance, a freeze to death suicide survivors say:
"As there is a shortness of breath ..... unconscious, ..."
In addition, a scholar in the report obtained by the visit, the following examples:
"Thousands of dazzling light shining in her eyes, thousands of artillery rumble in her ear
Ringing. Feet feel severe pain, as if running in needle-like mountains, and soon appeared sleepy. That makes the
People calm weariness continue to emerge, it seems that way to liberate the world from fear and disaster.
Fresh air, like a spring-like, beautiful music again in her ears. Leaned against the soft
When the soft fur pillow rest, various IPL shine again soon delirious until rescued by
After regained consciousness. "
Some survivors also said: "It was a grand banquet in dance dream."
According to the experience, we can say with suicide as an addition to the cold also froze to death early
Outside, there is no pain suicide methods.



● Figure 1 rectal body temperature, blood pressure and maximum
Relations physical condition (from "Modern
Forensic "gold original publication)

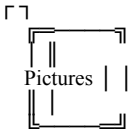
[Corpse condition]
Really is "beautiful" in it?

Froze to death in the snow-capped mountains of corpses and gas suicide, as is sometimes described as "the most beautiful way to die."
But this is the discovery period varies. If the body due to snow and frozen state, the skin
Skin due to loss of blood and is transparent like white. However, when the spring snow melt, the bodies are rotting.
Red dead classes, and this is because the blood hemoglobin oxygen binding to pink oxidation of hemoglobin
Sake.
In the snow-capped mountains, etc., and sometimes the hands and toes pointed frostbite circumstances appear edema. Sometimes occur

Insanity, their clothes stripped case was discovered. The body was not wild animals tore at less
Number (Case 26). Therefore, so to say, and can not be said to be beautiful.

[Watch out]
Will be found!

No matter where death is not to be found in the most important halfway. Place in the snow-capped mountains, in case in hand
Frozen feet were part of the case to be rescued, it would need to cut the hands and feet become no man. However,
Temperatures below freezing will not occur less than necrosis.
In addition, the snow-capped mountains suicide occasions, family members and friends after the discovery request would require a huge search
Search costs. Therefore, prior to do something, do not leave a suicide note implied whereabouts, out recording telephone
Also as usual as you can go on as usual.
If you really want to commit suicide, or towards the snow-capped mountains were good, in the room or street froze to death, must
All the conditions in place but also not easy to be found it very difficult.



● nearby Kurodake Figure 2.

[Case Study 26]
Froze to death in the snow female playwright

June 1981, in the central part of Ishikari, Hokkaido Snowy Mountain Department Kurodake 5th Station found Female bones corpse, place of virgin forest in the mountains station about three hundred meters.

The authoress is has been involved in "seven criminal" filmmaking fir Jianghui Zi (then aged 47).

Bones scattered around, only to find the skull, right thigh and lower leg. Winter in this area, Fox Beaver, voles and other wild animals come and go frequently, have been eating animal bite marks, probably by those in the winter Animals enjoyed it!

In the vicinity of the bodies have a bottle of sleeping pills, there is also the rest of the pills. Estimated taking sleeping pills Below the lethal dose. Bag also has a big bottle of whiskey, leaving about eighty percent.

Ticket date to find relics from her stay in the previous year is 24 October 1982 ○. We believe that she came to live in Tokyo populated already scarce winter Snowy Mountains, walked from the station Forests, then the dose of sleeping pills to sleep after freezing to death.

Shan Jiang Huizai about five years ago began working in drama writing, that can not succeed very annoying Angry, while increasing age also feel panic. Although the number of leaves on the line to the manuscript handwriting flooded Grass text, because the ink immersion, illegible, the results did not always understand the motives of her suicide.

[Inspection death]

This is the typical snow-capped mountainous region after taking sleeping pills asleep in the snow to freeze to death suicide. Ran And, the body was very terrible, is not beautiful. Suicide in the snow, over the ten months corpse The bones of the body will become, but also pay attention to wildlife attacks.

In addition, the snow-capped mountains froze suicide when it is necessary to do some fieldwork in advance, cedar river I write because it has become a posthumous work of "Saturday Theater" (Asahi TV) screenplay is based on Hokkaido Background, so much made of the local investigation.

If you choose to commit suicide location was too much trouble, I would advise you to use the same route with her. To be prudent, and then tell us about the way to black mountain, first to Asahikawa, then take two small from Asahikawa When to Sounkyo hot springs. Then take the cable car, in turn transfer the cable car ski areas into virgin forest On the line (see Figure 2).

Imitate her die, it can introduce the market to buy some medicines sold in sections and sedative hypnotics Agents, and then with a big bottle of wine is also good. Even corpses scattered, but at least will be completely dead before scattered.

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(11)
SPECIAL CASES

Other means of suicide

Suicide methods, in addition to the above description, there are many.
For example, anyway, is not easy to get hand guns no introduction suicide.
By gunpoint eyebrows or temple and pulled the trigger picture films and television often appear as if
Is typical of the way gun suicide. However, this approach is not to pull the trigger recommended. Since the head
Cover bone was much harder than expected, if the angle of the bullet Danfei not possible to make even break into
But the bullets cracked, debris damaged the brain within the skull, but a circle piercing eyes or from the other side
In the case of the attempted ended. To a gun, it would rank in the mouth after the breakdown of the brain's medulla oblongata, this is a positive
True.
In this chapter, let us based on case studies to learn about these other methods of suicide.

[Case Study 27]
Adachi-ku, Tokyo Toei Village starved sister committed suicide

August 1985, the Adachi Ward, Tokyo Toei Village room found a decomposed
The two female bodies. This is the twenty-five and twenty-year-old pair of sisters, the cause of death was starvation. Death push
Given time around the end of 1984 to February 1985. Beside the body, there is a sister to write
The 'dead for you to see, "the words of an old envelope.

Starved to death

Pain ▼▼▼▼ ▽
Trouble ▼ ▽▽▽▽
Sizhuang ▼▼▼ ▽▽

Implicated ▼ ▽▽▽▽
Impact ▼▼ ▽▽▽
Lethal degree ▼ ▽▽▽▽

Sister to pay for medical expenses and debts his father left his mother and sister to run around, she actively recognize
Really work attitude in the workplace also won praise, but one hundred and ten thousand yen a month's wages can not be subordinated
Also, finally had to borrow. The amount of the loan soon reached three million yen, debt collection calls also
Hit the workplace. Even so, my sister is still hard to work with.
Sister and parents in 1965, moved to the village along with her sister, the mother sick father
Parent working outside the home for many years not at home, so the 110,000 yen per month living allowance. Originally a little fine
Schizophrenia sister, after high school were often bullied, and often do not go to school, look after the mother's sister side
Disease, side to encourage my sister, I also entered the business school. However, when his father read the back of a large high school
Debt back next year suffering from cancer deaths. At this time, my sister also had hyperparathyroidism, sister
Sister also was canceled due to the inauguration of living subsidies.
Finally in 1983 the mother died. However, they do not agree with her relatives to reclaim the ashes. About
From this point on, do my sister's also tired of living together. She randomly placed trash in the balcony
Bags, debt collection phone calls, from June 1984 to start absenteeism, and finally was fired in September.
And in September due to failure to pay was cut off when the electricity and gas, the second year in January, the water
Also broken. Debt collection days came to the door, two people had to install the door without making trash. October was
Where neighbors something to eat, and after a while they do not trust the neighbors came to see them, but they answered
Said: "We do not pipe it!." In fact, at this time may have a firm idea of suicide
Head. There welfare office area near the village, but they never talked to anything.
Probably after my sister died first, my sister was dead. In the spring, due to the breeding of flies, odor punch
Days and was found, when my sister was wearing a T-shirt and trousers leaning on her sister who, while her sister is I do not know why
Why cover up a cardigan naked lower body was naked.
The room filled with garbage, bedding and clothing, including some "Seventeen" magazine and the red
Chuan Jiro fiction. Close to the Big Island and fantasy comics sharp bow sticker "Cotton Star State" on the wall.

[Inspection death]

This is very unfortunate dismay. Starve this means that only suffered the bitterness of life before the election
Choice of. Because, they have extreme fatigue, even to suicide had no strength.
Although the great differences between people, but as long as the water is not even drink, then one to two weeks can
Dead, only drink water at thirty to forty days of starvation. The amount of energy storage is also a large factor, which
Some sisters obesity, probably more than most people spend a longer time to die.
A four all have their own misfortune, but unfortunately my sister more miserable. Mother's illness, his father borrowed
Debt, sister bullied and disease, unfortunately, are all down to her shoulders. In any case they have to work hard

Less than reward, rather, the more effort the situation worse.
Her life seemed to commit suicide or not is standing on the crossroads. Naturally, if you want to live it
It is also possible, but she refused to help choose death. Faced with this life, they continue to have "living
Forward there will be a good thing, "" What are doing in order to die out "," Suicide is the weak things "etc. say such
Stupid people? For her "dead to you" this sentence is probably speechless.

Quicksand

Pain ▼▼▼▼ ▽
Trouble ▼▼▼▼▼
Sizhuang ▼▼ ▽▽▽
Implicated ▼ ▽▽▽▽
Impact ▼▼▼ ▽▽
Lethal degree ▼▼▼ ▽▽

[Case Study 28]

Completely Suicide Manual

In Tottori sand dunes stream of suicide man

November 1988 in Tottori dune bones found a man dead bodies. Day one p.m.
More away from the tourist routes where almost no shadows walking to local elderly, found a head
Cover bone twilight sand surface, after the alarm mining is a small shovel with a left hand, as if their chests wildly squat
In the body of the sand pit.
This man is one thousand nine hundred seventy-four is fourteen years ago, romance and missing persons because of illness, then three
Twelve years old. One night he came to the dunes, dune slopes with a shovel and dug in about a meter deep hole,
After squatting with his hands to himself into the heap of sand, and then relying on the sand buried head and suffocation.
After receiving his missing parents wrote a suicide note: "search is in vain."

[Inspection death]

This is an example of a completely determined to wipe himself disappear from society people do.
Tottori sand dunes and the sea of trees is famous in Japan Uncharted, but his own stream of sand buried alive suffocate suicide
Is extremely painful. Fourteen years undetected, it can be said his goal is to achieve, but not
Recommended methods. Because, not to be found in the bodies of suicide methods or many.

Bear

Pain ▼▼▼▼ ▽
Trouble ▼▼ ▽▽▽
Sizhuang ▼▼▼▼ ▽
Implicated ▼▼ ▽▽▽
Impact ▼▼▼▼ ▽
Lethal degree ▼▼▼▼ ▽

[Case Study 29]
Young women were killed by bears

At 19:00 on February 1989 minutes, a sixty-year-old housewife went to the home about a
Aso Bear Ranch and a half hours away Jen-cho, Kumamoto Prefecture twelve Court, skip cubs shed from the Court within
Killed.
Hear the "pop boom" sound of a large breeder catch the past, only to see two · five meters away from the fence below
Bear shed 68 bears crowded, it seems like a small Montenegro. Bear with a fire extinguisher to disperse after
White powder in the human body emerges. Bodies have been cubs tore visceral completely disappeared from the stomach into the intestines
Department opened a big hole, hands and feet were biting at several other systemic signs. Clothes were torn to pieces,
It seems like a naked body.
She is a devout Buddhist, in talking about the past, "he will fall into the devil's world", "dead
But the soul of eternal life "and so on. After leaving home at noon, also said: "Call me to go into that world," her husband also stayed
There are testament neighbors also think she is eccentric.
Some people say that the woman had previously said: "I want to be eaten by a tiger," then, has thought of a bear
Tiger cage shed next to, but not into the iron fence, so he jumped into the bear shed.

[Inspection death]

Being eaten by animals method of suicide, which is unexpected way. However, the incentive to

Said a little religious flavor, too divorced from reality to die, not as a reference to suicide methods. Moreover,
This method is great pain, the body is also terrible, reliability death is not large, so I do not want to persuade people
To use.

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Completely Suicide Manual

Death means

Pain ▼ ▽▽▽▽
Trouble ▼▼▼▼▼
Sizhuang ▼ ▽▽▽▽
Implicated ▼ ▽▽▽▽
Impact ▼▼▼ ▽▽
Lethal degree ▼▼▼▼▼

[Case Study 30]
The use of American women die of suicide device

U.S. pathologist Dr. Jack · to develop unique "suicide device" is known for Gai Bokan. This
A device is the physiological salt solution, sprayed properly Caesar (pantothal) potassium chloride were installed in three bottles upside down
Thirty centimeters high design. Caesar is the anesthetic spray when properly used in surgery, potassium chloride is poisoned to death
Drama drugs being used. The structure is pushed the button is pressed after the suicide volunteers timer is started automatically becomes salt water
To spray properly Caesar, one minute after the start flowing into the body of potassium chloride.
Using this device in 1990 ○ 年 conducted in June suicide is American housewife Jia · A Knight
De Jinsi (then fifty-four). In 1989 she was diagnosed with early-onset Alzheimer's disease and intends to commit suicide
When I heard Dr. 盖博坎 suicide device, made contact. Dr. Gai Bokan prepared a white
Small colored Volkswagen van, and find a suitable suicide camper special park. ○ 年 一 九九
In June, she and Dr. ride together on the train heading for the park, she hid behind the car, the needle is first inserted into the static Dr.
Vein injection of salt solution, Dr. regulate its flow occurs, Jia Knight to press the snap, injecting liquid into
Spray properly Caesar, after twenty seconds she fell asleep, and then sprayed properly 撒切 replaced with potassium chloride, forty seconds after the face
Redness, another thirty seconds on blue, red spots appear soon. Thirty seconds after the fifth when the ECG has
Complete a straight line, in fact, her heart had stopped beating this before.
Djanet is an English teacher, but also a passion for classical music, serious woman, everyone thinks she's
This character makes her unbearable early onset dementia.

[Inspection death]

This event is the dignity of death in the United States set off the autonomy of the Great Debate "assisted suicide incident."
In front, really want to die completely reliable and Enron case, according to Dr. Laigaibokan only help
Assisted suicide, otherwise no other way up. In October 1991, he also used this device since the two women
Kill, looking for his advice flock. He has been able to use this device, because he lives in Mississippi
Root states no reason to punish the crime of assisted suicide. In Japan, criminal law clearly defines the crime of assisted suicide.
So, Djanet was specially from Oregon to Michigan.
In addition to acupuncture have no other pain, they can die in a sleep state, whether others see
Or not, do not want to die in the United States who are willing to go to his room, then, might as well get in touch. However,
Being struck by the absence of the person, whether he is willing to use this device is unknown.
Japan also has a Death With Dignity Association, but the club admit only to current medical technology can not heal
The suffering of patients with advanced cancer, unwilling to take measures to extend the life of wasted passive euthanasia, the general
Suicide is opposed.

Contact Location Japan Death With Dignity Association are as follows:
Post number 113 Beijing-Tokyo, Hongo 2-29-1 post
Watanabe Building, 2nd Floor
Tel: 03-3818-6563

[Case Study 31]
Attempting to defraud life insurance and gas poisoning suicide man

October 1971, a fifty-year-old man was found in the apartment of a room with a gas

Suicide.

According to the survey that the man committed suicide two years before the beginning of May to July, adding, "Ann Yasuda Life, "" first life "," one hundredth of life "and other three insurance companies, after the death of family members can be paid seven, 六 二 ○ million yen.

Who before his death he said, "I want to die leaving insurance for their children."

The man suffering from tuberculosis four years later and love in the car leaving the family budget incompetent to home Unfortunately ashamed cause great distress, suicide and family members are separated in time.

He at the same time, a real estate company, but also cater to bowling 夜警 and life insurance companies Salesman, and even borrow money from relatives and friends paid a total of $ 五五 ○ million yen insurance.

According to real estate company colleagues to reflect his usual honest man, unlike the members to do that kind of thing.

[Inspection death]

If you are using an ordinary gas suicidal, suicidal people who should know a little bit about life insurance Thing, so introduce this example. Life insurance, even if your cause of death was suicide, but to join a Years to pay the amount later. Moreover, insurance is more advantageous to receive sooner, so the signing of the contract to After over a year die immediately as well. However, taking these away to commit suicide, I am afraid this man except No one else outside of it.

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Suicide statistics

Information for understanding the past in what hand Segment, where suicide and other issues is very Reference value, so here is a brief increase Narrative. The first is by way of classification of assets Material, so far what exactly suicides The method of death it?

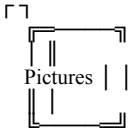
「」

1950 1,960,197,019,801,991
Hanged 6641 6560 75421096811313
Drug 4540 8,135,221,113,351,360
Jumped 152 28156213652119
Gas 39 834,169,323,421,251
Drowning 2619 2,029,176,215,431,342
Crash --181,611,421,166,865
Other 2320 48881618231625

The total number of 16311 20143 157,282,054,219,875

● chart a variety of different methods of suicide

● first is hanging, followed by jumping, its
He ranked as follows:
According to Ministry of Health statistics in 1991,
"The first constriction, hanged and asphyxia" (hanging, hanged,
Plastic bags, etc.) eleven, Trinity trio to suspended
Special advantages champion. Followed by "from a height
Jump "in two, one hundred and nineteen people, and the third is a" solid
Or liquid "(poison) a three 六 ○ people,
The fourth is "drowning (drowning)" is a three or four
Two, the fifth is the "gas or vapor" is a,
Two hundred fifty-one people. Further down is a jump of eight volcanoes
Sixty-five people, "thermal injury (self-immolation)," the seven hundred eighty-three
People, "and the blade is sharp" (ie, cut wrists, etc.)
The six hundred and sixteen people, electrocution is exceptionally small, as
Fifty-six people.
Hanged had 1955 to 1967
○ In the first poison ceded the throne, but
○ in 九八 years and broke a million big rebound
Off the top of a rock throne. Jumping also
In 1986 the Red singer Okada Yukiko
Jumped and broke about two thousand people that year mark,
From next year after rising to second place never again be less than
Two thousand people, stabilized.
Poison to 一九 六 ○ reached its peak
Sleeping pills to commit suicide and was once the tide rises first
Name, and later declined, but I do not know why the
Inter from 1985 to 1987 there has been a rise
Reach two thousand people, but now due to drug pipe
Li increasingly stringent so slight downward trend. Vote
Water 一九 六 ○ there were only two thousand people or more
People who commit suicide, but now has dropped to an 四 ○
○ people. Natural gas in the year one thousand nine hundred seventy-five
After the emergence of a wave of popularity because of the gas, there
Over three thousand records, since the city has gas
Excluding carbon monoxide is converted to natural gas in order to
After using the vehicle's exhaust gas is only one
About 1,000, roughly speaking there is no ranking order
Changes. Changes in suicide methods between men and women, please
Referring to Figure II.



● The number two of the various methods of suicide statistics diagram

● often used drowning woman, plastic bags
The most striking difference between men and women,
The first is drowning suicide. Suicidal man who ranks
More in the world are the same, regardless of where
A suicide mission means, basically is three more than
Two to two to one, mostly men. However, for
What Japan since ancient times to commit suicide by drowning woman
For many, regardless of the total number of suicide drowning of a multi-
In a year or less, the man who committed suicide only
Two-thirds of women.
Asphyxiation with plastic bags suicide each year not

Over one, two hundred, but most are women mining
By reasons completely unclear.
Also mentioned in the text, the man uses
The shock suicide but more surprisingly. Shock suicide
However, each year more than 100 pieces, including women from the
Only those who kill a dozen pieces a year, while men never
Not less than the full 90 percent. It also
Middle experts unsolved "mystery" of course
Said the woman because of the lack of knowledge of electricity, but its
The reasons are unclear.

● jumping teenage women are influential
No matter which age group, accounting for absolutely hanged
Right yes majority, but mostly teens and twenty
Old woman based. Since 1986
Jumped more than hanged. Especially teens
, And in 九九 ○ four years, jumping seven
And there was hanged a 31-member, and in nineteen
2086 was one hundred sixty-two than seventy-eight, jumping
More than more than doubled. In 1985,
Teenage girls committed suicide just
52 persons. Needless to say this is by jumping
The impact of suicide Okada Yukiko's sake, she
Suicide in the history of Japanese influence in the left, is
Immeasurable.
In the past, a number of examples over hanging
There, in the peak period of sleeping pills 一九 六 ○
Years, a dozen to middle twenties hanged number
One, three hundred and eleven people, and sleeping pills suicide actually
However, to achieve three, eight hundred eighty-nine thousand.
However, the removal of this exception is concerned, not
On what age when hanged always bits
In the first place. It is said that in the United States pistol suicide
Account first, of course, is because it is easy to get their hands
Gun's sake. However, including the United States, other
States included, hanging is commonly used,
This explains as a means of suicide by hanging was the most
Welcome.

Article 90

Pictures

● 3 different number of suicide diagram month statistics

[Research on Suicide Day]

● May suicide season
View press month, cosmopolitan tendencies are
Spring and summer are much less winter. Meanwhile, some newspaper
Notice that in the spring than in fall, winter than in summer
Less, the largest of which is in April, followed in May,
December and January are the least. However, no
On which one month, the difference is not great.
Japan in recent years, according to statistics, in May
Most.
According to 1991 data, not since January
Kill those cases shown in Figure III, this year five
Few months at most and February.

● Sunday suicide also rest

In Tokyo city, finishing the six ambulance
Section maneuvering handle suicide two thousand people in love
Conditions, the number of suicides order (including attempters)
Tuesday (fifteen · three percent), Monday (ten
Four · nine percent), Friday (fourteen · five percent),
Sunday (thirteen percent), Saturday (thirteen ·
Eight percent).
Findings of a district in the city of Tokyo is the star
Maximum of four, Wednesday and Sunday at least.
From a successful suicide watch Wednesday at least.
One hundred years ago, the French sociologist
Gaier Kai made Fort statistics show Tuesday
And Thursday and Friday to Sunday on multi-minus
Less. This is the same on Sunday less
, There is no much difference other day.

● nighttime suicide more than during the day
So, from time to time from the point of view of what
Who kill up to it? According to Tokyo Medical and hospital from observation
Eight three years since 1955 handled
Thousands of data analysis, the night twenty-one ~
Up to twenty four o'clock in the morning at least. Big time
For the popular sleeping pills to commit suicide, twenty-one ~ twenty-four
When accounting for thirty-six%, while fifty-six% in twenty-one
~ Three o'clock occurred.
Attempters survey conducted in Kamakura, the most
Many also at night, early in the morning and during the day than the
Less.
According to six hours to one day in divided into four sections
Surveys showed that many are already then in

Between (thirty-two · one percent) twelve - six p.m.
And between ○ ~ six o'clock (twenty-seven · four percent), less
Was eighteen - twenty four o'clock (nineteen · ○%)
And six - twelve o'clock (twenty-one · four percent). However,
In attempters but is eighteen ~ twenty-four
When accounting for thirty-one · ○%, followed by ten
· four percent two to twenty-nine when eighteen.
These survey results show mixed results
Cause, it can not be generalized, but suicide
At night and in the morning or at least can trust
The.
However, the survey made by Niigata Prefecture
Order is ○ ~ six o'clock (twenty-nine · four percent),
Twelve - six p.m. (2366 · five percent), eighteen
~ Twenty seasons (twenty-one · six percent), six - ten
Two o'clock (seventeen · six percent). Six - twelve o'clock relatively
Less, it is also substantially the same, In addition to the analysis
Results outside is difficult. Old in the countryside
Suicide more areas, its time to commit suicide
To say the city's time is different.

[Ranking on suicide]

● double homicide who committed suicide
So, suicides increase it? According to Fig.
Four terms in the war, 1,955 to 19
Five character and 1983-1986
There have been two peaks, there are more than twenty thousand a year
Death, since then has been reduced, nineteen
Only a slight recovery in 2092. However, nineteen
The reason why the increase in 2083 is considered to be small letter
Loan's sake, 1986 is affected by Okada
Yukiko impact.
On the whole, in general, to twenty thousand people
Standard fluctuate. This is a traffic accident

A · · ○ five - two times, he killed the two ·
Figures five times.

● suicide among 20 to 30-year-old top-ranked
From death category, since over the past decade
Kill followed in cancer, heart disease, stroke, lung
Inflammation, bronchitis, accidents, aging of
After accounting for seventh. The post-war period, suffering knot
Nuclear and many died of gastroenteritis, so Shun
Order still to come.
However, from the age of view, the last few
Record year showed more than twenty suicide and
Accounted for more than thirty years old or inferior to the first accident or
Cancer of the second. Fifteen ~ nineteen years old,
Forty ~ 44, also in third. In
The high suicide rate among the elderly, with age
The overall arrangement of the growth of suicide decreased. Thick
Provincial Health Department said statistical information "only digital
Look at suicide in the elderly, mostly saying,

May not be correct, "that is, from this reason.
Cancer in the first one, to the more than forty years old often
Years to reach more than ten thousand pieces of those who died, but with the
To fifty, sixty, seventy years old, its
Twenty places the number of deaths, and forty thousand, sixty to increase
Plus. Meanwhile, suicide is the first qualifying order
Fifth, sixth, seventh.
Specifically, from 1991 the number of
Words, the twenty - twenty-year-old who committed suicide as
1996 duo, this per 100,000 population ages
The mortality rate for ○ · four percent, came in second.
And seven for ○ ~ seventy-year-old was one, one hundred eighty-eight
People, the mortality rate for the three ○ · five percent, ranking
Nine. Indeed, the proportion of people who commit suicide by means
The number is high. However, if someone asked to self-
Kill the dead is what most people say, this
Order is a significant response. You can
Say, from ten to thirty-year-old younger generation to
Suicide death is the greatest.

Pictures

● Figure 4 suicide mortality statistics

[Suicide ranking international comparisons]

● incomprehensible suicide big country - Hungary
Suicide is one of the largest of which country?
Even in Japan, statistical methods, the Ministry of Health and
Police Agency in the difference between the more than one thousand twenty thousand people
People to be country comparison is not necessary
Up, but it is an interesting question, and therefore increase
To compare.
According to WHO (World Health Organization)
Suicide mortality rate (per thousand of the latest information contained in the
Suicide deaths million people), it seems to
Suicide country famous Hungarian champion,
Accounting thirty-nine · nine percent (1991 ○ survey).
Only men accounted for a staggering fifty-nine ·

Nine percent. The following is Sri Lanka's thirty-three · two percent
(1980), Finland twenty-eight · five percent
(1989), Denmark twenty-four · one percent
(1991 ○ years), Austria, two or three ·
Six percent (1991 ○), the former Soviet Union's two
A · eight percent (1991 ○), the Swiss two
A · nine percent (1991 ○ year).
Conversely Greece rarely, and only three · eight percent

(1989), we can say less terrible.
The other is six · eight percent of Israel (nineteen
2088), seven · four percent (nineteen Argentina
2087), the UK's eight · one percent (1991
○ years), Portugal's eight · eight percent (1991
○ years), Puerto Rico eight · nine percent (one hundred ninety-eight
2009) a ○ · two percent in the Netherlands (one hundred ninety-eight
2009) a ○ · five percent of Hong Kong (a
1989) and so on. All in all, statistics are
Somewhat ambiguous, do not get to the bottom.
Major countries, Japan is sixteen · four percent
(1991 ○), the United States is twelve · four percent
(1988), France is the second ○ · nine percent
(1989), China is seventeen · one percent
(1989), China's female suicide
Were more likely to be a feature. Canada is a thirteen ·
Three percent (1989). Japan in the second
During the peak of sleeping pills have jumped the first suicide
And is known as "suicide big country", now residing in
Room.

● suicide with a gun the United States, more than hanging suicide
Germany
Suicide methods used vary from country to country
Different also very interesting.
According to the current argument is that the United States gun
Strike, with the water in Venice, Italy to vote
Water, hanging over Germany have features.
According to recent information that the United States due to gun
And explosives suicide is forty-seven · one percent, indeed
Real lot. The following is a poison. Gas is two
○ · eight percent, hanging is the second ○ · five percent, its
He means it is quite small. In Italy, Switzerland
Disabilities, Canada, Australia, is said to guns
Suicide most.
Information from West Germany in 1969 was
Shows, hanging absolute majority, for all three
Nine percent. The following is a poison. Sleeping pills are two
Three percent, gas is thirteen percent, drowning is nine percent.
Of course there are regional differences, Berlin to gas,
Hamburg to sleeping pills most similarities with Japan
Is jumping at only five percent. Also in Sweden
And Denmark, hanging is the greatest.
England England and Wales one hundred ninety-six
Five-year data show that men are gas accounted for three
Up to four percent, followed by sedatives. Anesthesia
Drug twenty-five%, hanged thirteen percent. Female drug
Forty-nine% and gas thirty-three%, I do not know why this
Two types of multi surprisingly, other methods are
In the single digits.
France is a drug. According to 1966 and
一 九七 ○ years of data, the first is a drug
Matter, the second is a sharp knife, and the third is a gas.
Women use drugs Trinidad and Tobago.
India is also a drug. One thousand nine hundred sixty-six

Statistics, the number of samples, although only nine hundred and twelve
People, but the order for the drug forty-six%, drowning two
Two percent, hanging fourteen percent.
In Africa, Nigeria, it is one hundred ninety-six
Second published data, accounting for up to five hanged
○%, following the order of guns, poison, Lee
Edge.
Above, do not appear to reflect a variety of
The same conditions.

● It is the initiation of the dead read a superb view - Golden Gate Bridge
Like Japan, overseas course, there are self-
Kill resort.
The most famous is the San Francisco
Golden Gate Bridge. Like many suicides and said
The purpose is not to commit suicide from it,
But witnessing the absolute cause suicidal thoughts
King, purely atmosphere. Reviewed by seven-year-old elderly
Leaving "Why has created so easily since
Landscape kill it? "The testament to jump next
To go. Similarly, Niagara Falls USA
Also known as a suicide spot.
Britain's River Thames, the Ganges in India
So once known suicide spot in Japan to
Say it is probably the Kegon Falls.

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Postscript

In the foreword, written approximation "on modern society and suicide," so exaggerated opening remarks, but
Indeed indeed a bit exaggerated.
The initial reason for writing this book, just because tired of "not suicide" how this want want
Not have any idea based on, but by the general public is very simple trust.
Elementary school teacher with a "significant life" situations, please do the topic of student writing everywhere; suicide
The man was said to be casually willpower and so on. "To live strong" this would easily be able to say
Society, not only the closure was breathless, but also very painful to live. So let this
Book circulation, reaching a "last resort, they can commit suicide," the choice, I hope in a closed and went to the dead end
The society has opened a vent, air circulation, making life easier, this is my real goal
The.
I'm not elaborate "everyone to commit suicide!" Such silly things, want to live, then we should live

Comfortable, want to die, then have to die comfortable, life should be is all about.
In this, want to be responsible for editing Ochiai Misa, Bell is responsible for graphic design and illustration of this into a sand 达希罗卡兹 Noli, caused by the deep gratitude.

Lethal dose Citation

(A) "toxic poisoning emergency medicine · revised edition 4" (medicine - Club)
(B) "acute intoxication intelligence" (Hirokawa Shoten)
(C) "emergency poisoning -" (Medical College)
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